

# Growing Microgreens

*Emergency Preparedness Fair 2019*

*Presented by Eugene Hadfield and Channing Summerhays*



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## **Background:**

The term Microgreens is becoming well known in specialty restaurants and farmers markets and has taken off in the health food industry in the last 20 years.

Specialty chefs from some of the finest restaurants have started using microgreens. Microgreens are a form of sprouts but grown in soil or other medium for a short period of time until just before or just as true leaves start to form on the sprouts. They are then harvested and are known for their colorful appearance and intense flavor. They are popular as garnishes on a variety of restaurant foods or as salads themselves. The intense flavor in microgreens and the high nutritional content have boosted the popularity of microgreens in the health-food markets. Many microgreens have a higher nutritional value than normal full-size plants.

One variation of typical microgreen cultivation that requires a minimal amount of tools or expense is a method of growing salad greens, sometimes referred to as soil sprouts, in your home year-round. Rather than the larger standard 10" x 20" tray, smaller containers such as shallow plastic food containers or inexpensive aluminum cake or bread pans may be used. This technique allows a family to have fresh salads every day of the year with only a 15-20 minute daily investment of time.

Microgreens are planted differently, cared for differently, and harvested much sooner than normal plants.

**The main processes are summarized as follows:**

- Presoak most seeds.
- Plant in shallow (1"- 2" deep) small containers.
- Use screened commercial potting soil or seed starting mix.
- Plant on top of soil and press down; don't cover with soil.
- Seeds are planted close together.
- Keep in warm (approx. 70-74 degrees) very dark location for 2-4 days.
- Plant small amounts every day for continuous daily fresh harvest.
- Don't over water but keep moist.
- Harvest in 7-14 days typically, but a few take 21 days.
- Use sharp scissors or knife and cut above the root and soil.

**There are many valuable resources for information about microgreens:**

***Best Books:***

- *Microgreen Garden* by Mark Mathew Braunstein, 2013
- *Year-round Indoor Salad Gardening* by Peter Burke, 2015

***Youtube Videos:*** Search for "how to grow microgreens."

***Google:*** Search for "growing microgreens."

***Pinterest:*** Search for "microgreens" or "growing microgreens indoors."

***Web pages:***

- [www.themicrogreengardner.com](http://www.themicrogreengardner.com)
- [www.themicrogardner.com](http://www.themicrogardner.com)

***Seed and materials sources:***

- True Leaf Seeds or Mountain Valley Seeds: [www.trueleafmarket.com](http://www.trueleafmarket.com)
- Johnny's Seeds: [www.johnnyseeds.com](http://www.johnnyseeds.com)
- Trays and supplies: [www.greenhousemegastore.org](http://www.greenhousemegastore.org)