

Microgreens for the People

Let thy food be thy medicine!

Brief History by CBS

[The long and short of microgreens](#)

Instructional Videos

Meant for 10 x 20 trays.Â (Adjust measurements accordingly)

How to grow Broccoli, Kale, Arugula, Kohlrabi, Mustard, Mixed Salad, ect. Long video.

[How to grow Broccoli Microgreens!](#)

Shorter video with optional hydrogen/peroxide treatment and annoying music.

[How to Grow Broccoli Microgreens](#)

How to grow Sunflower

[How to grow Sunflower Microgreens](#)

How to grow Cilantro

[How To Grow Cilantro Microgreens](#)

Common Issue - Root Hairs vs Mold

[Do My Microgreens Have Mold or Cilia?](#)

Ideal conditions

Temp 68-72 F, 40 -60% humidity

HOW TO GROW:

Broccoli, Kale, Arugula, Kohlrabi, Mustard, Mixed Salad,
20 g of seed per 10x20 tray.

Optional: *use Ocean Magic fertilizer @ 2 tbs/gallon for every watering.

**use 3% Hydrogen Peroxide @ 1 tsp/16 oz as a preventative and/or to combat active mold as necessary.

Step 1: Spread approx 2 quarts of moist coco evenly over tray.

Step 2. Press down coco with something flat and water tray.

Step 3. Spread seeds evenly

Step 4. Water until wet but not saturated.

Step 5. Cover with top tray and 15 lb paver.

Step 6. Remove weight after 48 hours and flip over top tray, "Black Out" begins.

Step 7. 48-72 hours later remove the top tray.

Step 8. Bottom water 2 cups

Step 9. Put under the lights.

Step 10 Bottom water approx. 2 cups every day until harvest day 10-11.

HOW TO GROW:

SunflowerÂ approx. 120-150 g/10x20 tray.

Step 1. Soak seeds in water for 8-12 hours. (Peroxide solution is a good idea)

Step 2. Place 2 qts coco on tray, flatten and water.

Step 3. Drain seeds, rinse and spread evenly over the tray.

Step 4. Mist with hydrogen peroxide solution.

Step 5. Cover with top tray and 15 lb paver.

Step 6. After 4-5 days remove from weight and flip over the top tray. Beginning of "Black Out."

Step 7. After 48 hours remove top tray, bottom water and place under lights.

Step 8. Rub hands across the seedlings aggressively to remove loose shells as needed.

Step 9. Water aprox 2 cups/day until harvest.

HOW TO GROW:

Cilantro aprox 20 g/ 10x20 tray.Â

Step 1. SpreadSpread aprox 2 of moist quarts coco evenly over tray.

Step 2. Press down coco with something flat and water tray.

Step 3. Spread seeds.

Step 4. Spread additional 1 qt of coco coir evenly over seeds and press down.

Step 5. Top water until wet but not saturated.

Step 6. Spray with hydrogen peroxide solution.

Step 7. Cover with top tray and 15 lb paver.

Step 8-14 Spray with hydrogen peroxide solution daily until seedlings are about an inch out of the coco.

Step 9. Around day 7 remove the top tray and put under lights. "Black Out" phase not needed.

Step 10. Bottom water aprox. 2 cups until true leaves arrive and harvest. Aprox 14 days after planting.

Seed companies

<https://www.trueleafmarket.com/>

<https://www.johnnyseeds.com/>

<https://sprouting.com/>

Container company

<https://www.bootstrapfarmer.com/> also found on Amazon

Coco Coir

<https://a.co/d/flStVhl>

Food Grade Hydrogen-Peroxide (1 tsp/16 oz water)

<https://a.co/d/1G5SYFe>

Ocean Magic fertilizer (2 tbsp/ gallon water)

<https://a.co/d/8GcUy8P>

Grow Lights

<https://a.co/d/9MoHmiM>

<https://a.co/d/aiqmSSG>