

## Self-Watering Micro-Green Containers



### Materials Needed:



- One 32 oz. deli-style food container from the local grocery store deli, with a lid.
- One 8 oz. deli-style food container from the local grocery store deli.
- One sheet from a roll of "Scott Shop Towels".
- One piece of card stock or piece of cardboard from a cracker or cereal box or any box big enough to cut a 4" circle.
- Some type of growing medium. (A 40mm Compressed Pellet of Coco Coir Fiber Potting Soil is just the right amount.)
- ½ cup of water to moisten the growing medium. (Perhaps a pinch more water if it seems a wee bit dry.)
- 2 bowls. One to soak the seeds in and the other one to soak the growing medium in.
- Micro-green seeds.

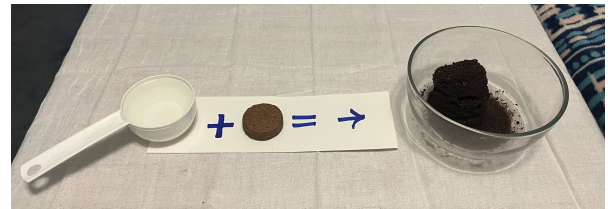
### Tools Needed:

- Scissors
- Inexpensive soldering iron, optional
- A spray bottle

### Construction:

Using the container lid as a measuring device, put enough seeds in the top of the container lid to make a complete single layer of seeds. Pour the seeds into a bowl and add enough water to cover them. Set them aside and let them soak for 5 or 6 hours.

Put the growing medium into the bowl and add ½ cup water. Give it a good stir to evenly distribute the water into the growing medium. It needs to be very moist but not dripping. Set the bowl aside.



(If using the coco coir pellets.)

Cut, or melt with a soldering iron, two 2 ½" parallel slits in the bottom of the 8 oz. container... one on the right side and one on the left side close to the side edges of the bottom.

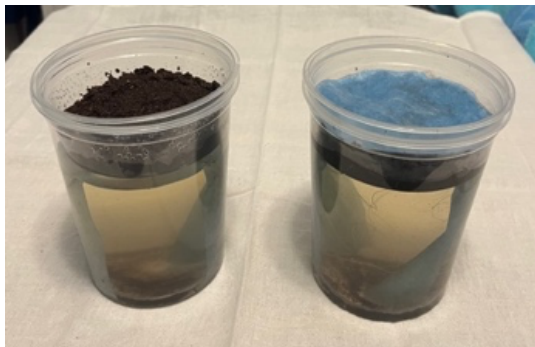
Cut a 4" circle from the card stock or cardboard.

Cut the shop towel in half the long way. Fold one half in half and use the cardboard circle as a pattern to draw a circle, overlapping the edge of the cardboard just a wee bit on the folded edge of the towel. This will give you 2 circles that are connected when opened.

Fold the rectangular piece of shop towel in along the long side just far enough to thread one end through one slit in the bottom of the smaller container and the other end through the other slit, with both ends hanging out the bottom. This will be the wick.



Nest the smaller container into the larger one and then add the “soil.” (Not regular dirt or sand. Use some type of seed starting medium.)



After the seeds have soaked for 5 or 6 hours, drain them and spread them around on top of the growing medium.

Thoroughly moisten the folded circles and place them on top of the seeds. This tricks the seeds into thinking they have been “planted” and encourages them to grow.

On the 2<sup>nd</sup> or 3<sup>rd</sup> day check to make sure that the surface of the seeds is still moist. You can either re-moisten the towel circles with a spray bottle or lightly spritz the seeds with a spray bottle, (or both 😊). After they sprout, there will be no further need to do that. As they grow, the shop towel circles will dry out and start raising and can then be removed. Be sure to save them for your next batch of micro-greens.

Once the “greens” start appearing, the leaves will keep the “soil” underneath moist, and the shop towel will wick the water up to self-water the micro-greens.

The soil and the shop towels are reusable. To reuse the growing medium: after all the greens have been harvested empty top container onto a plate or platter and break up the soil with your fingers, spread it out, and set it in a dry place to thoroughly dry out. When dry, massage it again to break everything up and start from scratch on another batch. After re-using a few times, you may want to start with a fresh batch of growing medium.

The shop towels are also reusable until they start to break down.

If you choose to harvest the greens all in one cut, they can be stored in a covered container or bag in the refrigerator for several days. That way you can start on another batch that much sooner. 😊

**IMPORTANT NOTE:** The lid is used strictly as a measuring tool. Do Not cover the container once you have started a batch of micron-greens. They need the air. Putting the lid on top could cause bacteria/mold to grow. Not good! Nope, nope, nope. \*If for some weird reason you should end up with some bacteria/mold, discard both the growing medium and the shop towel parts. The containers are reusable after having been thoroughly washed and thoroughly dried, preferably in the sun.

**ALSO:** Unlike sprouts, micro-greens do better with at least a wee bit of sun, even if only indirect sun, or under a grow light. Sprouts don’t need any sun because they are used before they leaf out.

**\*NOTE:** This design was created using a few of the principals learned from a You Tube channel called “Keep On Growin’” by Mike VanDuzee. 😊