GROWING YOUR OWN MICROGREENS

STEP 1 - SOAKING

- Add 2 cups of sunflower or peas (large seeds) to a ½ gallon glass container.
- Fill water to the top of the glass container then cover with a mesh cover.
- Soak seeds for 24 hours in a cool dark location.



STEP 2 - DRAINING AND RINSING

- After 24 hours drain the soaking water, rinse the seeds thoroughly, and drain again.
- Place the jar upside down at an angle to allow for drainage and air circulation.
- Repeat the rinsing and draining process 2–3 times a day.



STEP 3 - SPROUTING

- Continue rinsing and draining until the seeds begin to sprout, usually within 3 days, depending on the seed type.
- The sprouts should not dry out completely or sit in standing water.



STEP 4 - GROWING AS MICROGREENS

- Once sprouted, transfer the sprouts to a shallow slotted tray with a suitable growing medium (e.g., soil, coconut coir). Put the shallow slotted tray in a larger growing tray (this allows for proper water drainage for the sprouted seedlings).
- Use another larger growing tray in its normal position to cover the sprouts like a lid. Then place a rock or brick on top of it to weigh it down. The covering will then force the sprouts into direct contact with the soil.
- When the sprouts have lifted the weighted growing tray, remove the weight(s) and flip over the growing tray to cover the sprouts. The lid will no longer be in direct contact with the soil.
- Once the sprouts have grown enough to lift the lid, remove the lid.
- Place the tray in a location with direct sunlight or use growing lights. This will encourage the greening process. Add ½ cup of water to the bottom growing tray. It will take approximately 14 hours.
- Harvest the microgreens when they are 2–3 inches tall and have sprouted their first true leaves. Do not delay, if the leaves become too big, the sprouts will become bitter.

