SMALL-SEED MICROGREENS

Printable growing chart | Coconut coir | Indoor grow lights

Seed	5 x 5 in	5 x 10 in	10 x 20 in	Covered*	Harvest**
Broccoli	2.5-3 g	5-6 g	20-25 g	2-3 days	8-12 days
Red cabbage	2.5-3 g	5-6 g	20-25 g	2-3 days	8-12 days
Kale	2-2.5 g	4-5 g	15-20 g	2-3 days	8-12 days
Radish	3-4.5 g	6-9 g	25-35 g	2-3 days	6-10 days
Arugula	1-2 g	2.5-4 g	10-15 g	2-3 days	10-14 days

*Covered = approximate germination period under an inverted tray. Check daily; uncover when seedlings are lifting the cover and ready for light. **Harvest days counted from sowing. All amounts are starting ranges for dry seed; adjust for your seed lot and airflow.

Simple growing instructions

1. Fill trays with about 3/4-1 inch of pre-moistened coconut coir; level gently.
2. Scatter dry seeds evenly on top. Do not soak or bury these small seeds. Mist lightly.
3. Cover with a clean inverted tray. Check every day; keep moist, not soggy.
4. Uncover when germinated; provide 12-16 hours of grow light daily and good airflow.
5. Bottom-water once roots are established; drain excess water.
6. Harvest with clean scissors above the coir when seed leaves are open and greens are the size you like.

Helpful reminders

Use seeds sold for microgreen growing and clean food-safe trays. A small kitchen scale is best for weighing seeds. Arugula forms a natural gel when wet; do not pre-soak. Discard trays with visible mold, slime, or off odors. Rinse harvested greens before eating; refrigerate promptly.