

# Growing Microgreens at Home



## **How to Include Microgreens in Your Daily Diet?**



- ▶ Consuming microgreens raw can help retain the nutrients and flavor
- ▶ Also, can be added to salads, sandwiches, burgers, soups, smoothies, and desserts

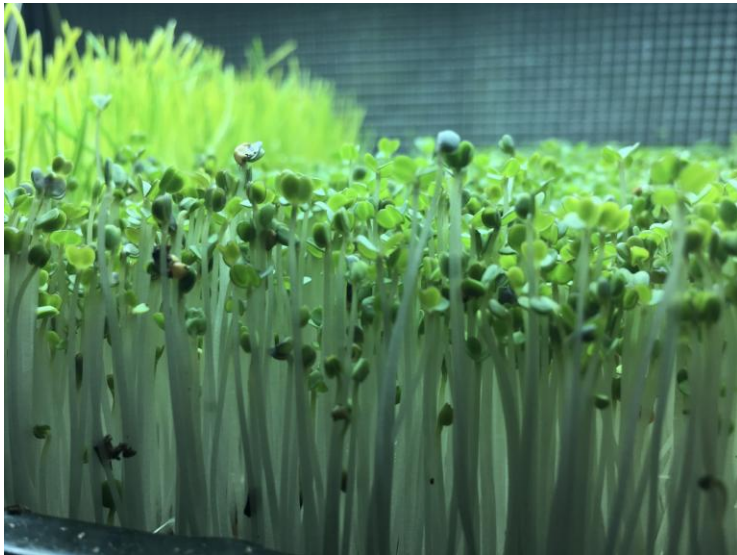


# Microgreens vs Sprouts

Sprouts grow in water & are eaten whole with hulls (roots too).

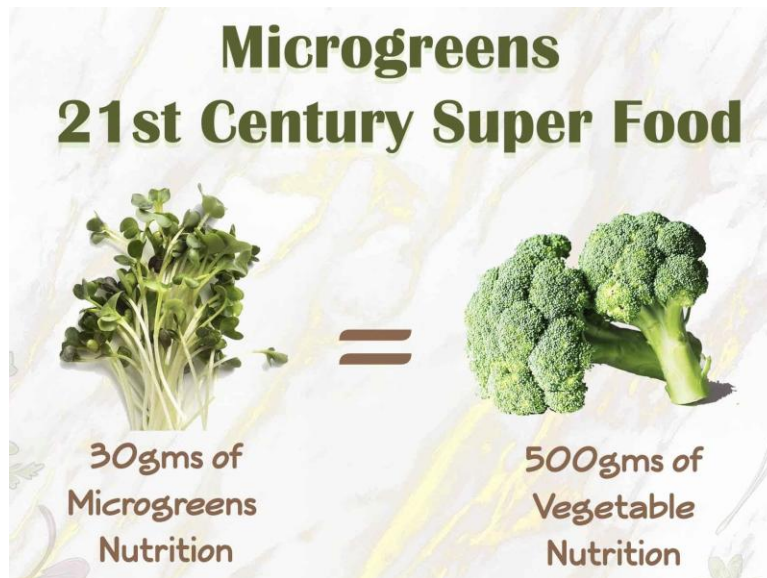
Microgreens grow in soil or fiber mats & are clipped above the root.






Microgreens have more flavor, texture, and nutrition!



# Nutritional Benefits

Packed with vitamins A, C, E, and K.  
Great source of antioxidants and enzymes.  
Tasty and tiny—up to 40x more nutrients  
than mature veggies!



MICROGREEN NUTRITION CHART		
7 Airmart MICROGREEN BENEFITS		
PLANT	VITAMINS	MINERALS
 Broccoli	A, B, C, E, K	Calcium, Iron, Potassium, Manganese, Folic Acid, Magnesium, Phosphorus, Zinc, Sodium, Sulphur
 Sunflower	A, B, E, K	Calcium, Iron, Potassium, Magnesium, Phosphorus
 Cilantro	A, B, C, E, K	Iron, Calcium, Phosphorus
 Radish	A, B3, B6, C, E, K	Calcium, Iron, Potassium, Magnesium, Phosphorus, Zinc
 Arugula	A, B, C, K	Calcium, Iron, Potassium, Manganese, Folic Acid, Magnesium, Phosphorus, Zinc, Copper



# Soak Your Seeds

For big seeds like sunflower or peas.

Soak in cool water overnight (8–12 hours).

This softens the shell and wakes them up!

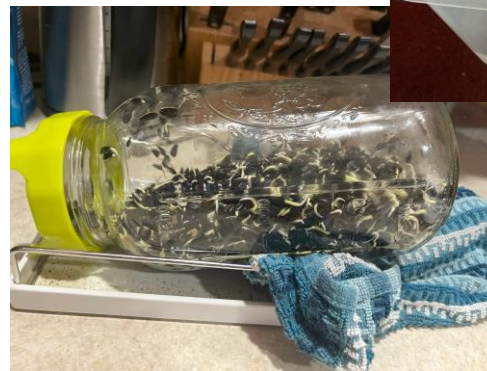


# Drain & Rinse Daily

Drain soaked seeds and rinse twice a day.

Keep them moist, but not soggy.

Let them sit in a jar or strainer until they start sprouting.





# Time to Plant!

Spread sprouted seeds on moist soil, hemp mat, or coco fiber.

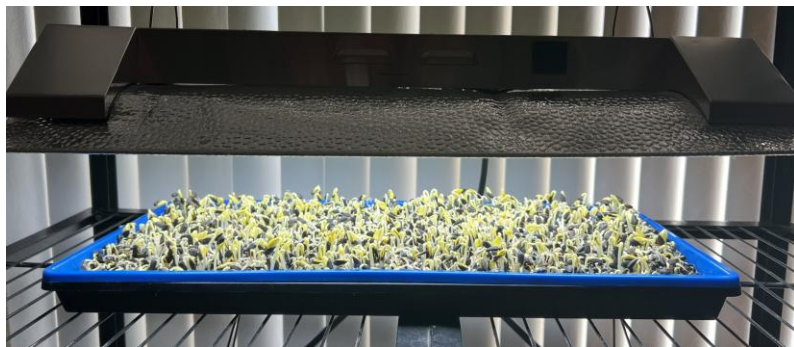
Gently press them in—no need to bury them. Cover with a lid or tray for 2–3 days to help them root.



# Light & Harvest



Uncover & place near a window or under a grow light. Keep soil moist by watering from the bottom. Harvest when 2–3 inches tall—snip, rinse & devour!







**Enjoy!!**



**Questions?**

