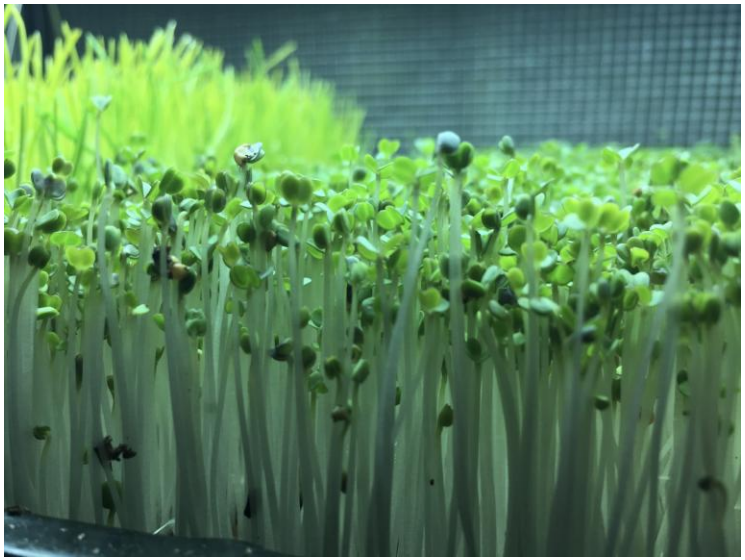
Growing Microgreens at Home



Microgreens vs Sprouts

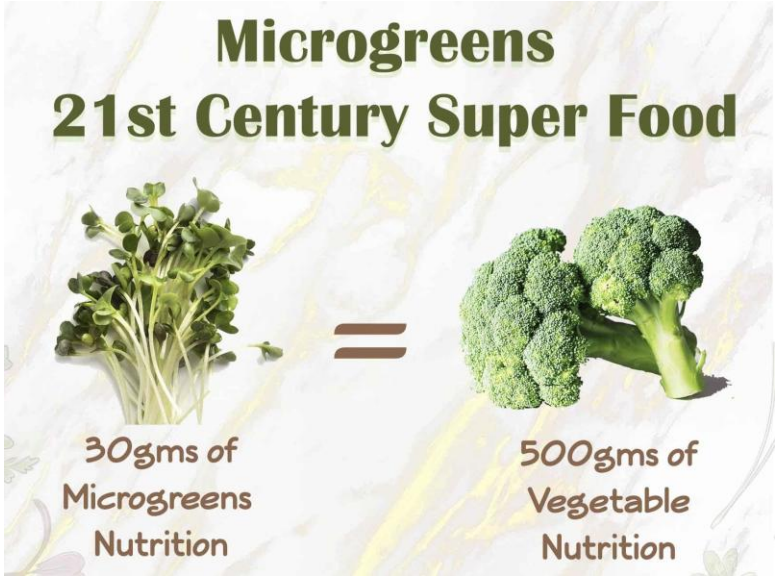
Sprouts grow in water & are eaten whole (roots too).
Microgreens grow in soil or fiber mats & are clipped above the root.
Microgreens have more flavor, texture, and nutrition!

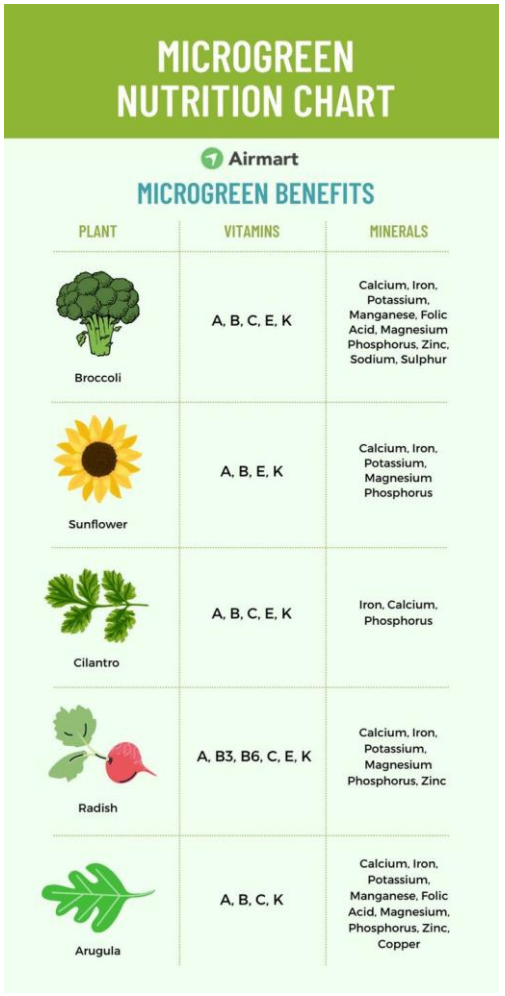




Nutritional Benefits

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!





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.





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Step 3: 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.

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Steps 4 & 5: 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 & enjoy!