



... Plant Strong Families and Communities ...

Connecting with Nature as YOU Enjoy and Grow Your Own Healthy Herbs, Fruits, and Vegetables

Growing and Harvesting Microgreens

Microgreens are a type of plant that falls between a sprout and a baby green. They're nutritious and offer many health benefits. Despite their small size, they pack a nutritional punch, often containing higher nutrient levels than more mature vegetable greens. Microgreens can be grown indoors or outdoors, all year long and provide you an opportunity to garden year-round.

You can choose from lettuce, Swiss chard, basil, mustard, kale, broccoli, and more. Growing microgreens is done by filling small pots or planting trays with potting mix, watering, and seeding. Scatter the seeds 1/8" to 1/4" apart in a pot of moist mix. Lightly cover the seeds with soil and water. Place your microgreens near a window for sunlight. Tend to and water every day.

Microgreens are ready to harvest usually two to three weeks after planting, making them a very quick crop for gardeners. Harvest microgreens when you see the first set of real leaves. Once leaves appear, snip the microgreens just above the soil line. Once harvested, serve, and eat immediately for the best flavor and nutritional value.

Microgreens are packed with nutrients. While their nutrient contents vary slightly, most varieties tend to be rich in potassium, iron, zinc, magnesium, and copper. Microgreens are also a great source of beneficial plant compounds like antioxidants. What's more, their nutrient content is concentrated, which means that they often contain higher vitamin, mineral and antioxidant levels than the same quantity of mature greens. In fact, research comparing microgreens to more mature greens reports that nutrient levels in microgreens can be up to nine times higher than those found in mature greens. Research also shows that they contain a wider variety of polyphenols and other antioxidants than their mature counterparts. One study measured vitamin and antioxidant concentrations in 25 commercially available microgreens.

Microgreens can be grown indoors, outdoors, in small pots and watered easily. They grow fairly quickly and bring nutrition and flavors to meals of your choosing. Enjoying this aspect of gardening is a great way to grow nutritious veggies during colder times, in a fairly quick, and enjoyable manner!