



Microgreen Gardening

All Information gathered from True Leaf Market Gardening Information, Microgreen Starter Guide.
<https://www.trueleafmarket.com/pages/growing-microgreens-starter-guide>

What are Microgreens?

Microgreen is the stage between seed sprouts and the mature plant. They have “starter leaves” also known as cotyledons. The microgreen stage begins when the cotyledons open and ends when the true plant leaf begins to emerge.

Why Grow Microgreens?

- Access to fresh produce all year long.
- Garden even in the fall and winter months.
- Healthy and delicious.
- Experiment in your cooking.

Step-by-Step Process:

1. Using a tray without holes, fill with 1-2 inches of soil. Gently pat the soil flat, but do not compact soil.
2. Spread 2-3 tbsp of seed over soil and gently pat seeds making sure they make contact with the soil. The more seeds you place on the soil the more dense your crop will be.
3. Mist seeds with a spray bottle and cover with another tray.
4. Place in a room temperature area.
5. Uncover and mist seeds 1-2 times per day.
6. When you can see that your sprouts have taken root you can remove the cover permanently and expose the tray to light.
7. Continue watering as needed. Ideally using a spray bottle to generously mist greens.
8. You can begin tasting your microgreens daily when the first leaves appear and mark any changes in the flavor as your crop matures. It's time to harvest when the flavor is to your liking.
9. Harvest greens by gently trimming them just above the roots.

Know what plants are safe as microgreens!

Not all plants are safe to eat as microgreens. True Leaf has a great list you can follow that informs you of what is suitable as a microgreen.

<https://www.trueleafmarket.com/collections/micro-greens-planting-seed>

You can also access video tutorials on their website and other great informational guides.

<https://www.trueleafmarket.com/pages/help-info-guides-and-faq>