

INDOOR GROWING

Growing fresh, nutritious food at home does not always require big garden spaces, or even stepping outdoors.

Indoor gardens are in many ways much simpler and easier to control because of your ability to control the environment that the plants are grown in. Light, of course, is central to the process. If you can provide adequate light, space, and warmth, the range of plants you can grow indoors is up to your imagination — from microgreens to herbs and leafy greens, you can grow fresh food 365 days a year in the comfort of your home. If adequate light cannot be supplied, sprouts offer a nutritious and delicious alternative.





What could you grow indoors?

Take our quiz to find out!



SPROUTS AND MICROGREENS: WHAT'S THE DIFFERENCE?

Sprouts are grown by repeatedly rinsing and draining certain types of seeds that have a fast and uniform germination rate. The process is quick, taking a matter of days from start to harvest.

Microgreens are grown in soil or soil medium under bright light and take 1–3 weeks to grow. Growing in soil allows for a much wider variety of food crops lending to more diverse flavours, textures, and colours. Microgreens are harvested above soil, whereas sprouts are harvested as both seed and root. Microgreens contain higher levels than sprouts of chlorophyll and other phytonutrients that develop with photosynthesis, along with the high quantities of vitamins, enzymes, fatty acids and amino acids contained in sprouts.

Growing sprouts requires little equipment, space and time, whereas microgreens allows for more play and added nutrition.

Which will you choose?



HOW TO GROW SPROUTS

Sprouts can be grown in any climate. They mature in 3–5 days, and can be planted any time of the year. They don't require soil or sunshine, but contain higher levels of nutrients than their mature counterparts. Plus they produce no waste. Spent sprouting water is full of nutrients and can even be used to feed houseplants.

Seeds stay in their dormant state because they contain enzyme inhibitors. Soaking seeds dissolves these inhibitors and triggers sprouting. As this process unfolds, each seed begins to use up its store of food in an effort to produce its first leaves. It is a complex chemical process that releases proteins, enzymes, and sugars. While this process unfolds, sprouts are very easily digested and their individual nutrients are available to the body more immediately.

A tablespoon of seeds can fill a jar with sprouts, so a single bag of seeds goes far. Each sprout variety has its own unique flavour and texture, and they can be combined to suit personal flavours or grown each on their own. Find detailed sprouting instructions with your West Coast Seeds order, or check out our blog on our website.





SOAK

Use 1 tablespoon of small seeds or 2 tablespoons for larger seeds. Fill a sterilized jar so that the seeds are covered to twice their depth. Drain the water after the desired soaking time. Soaking is optional, but may accelerate germination.







RINSE

Rinse 3 to 4 times a day with clean, cold water, for 3 to 5 days. Drain well. Place in clean bowl upside down at an angle (approx 45°) for excess liquid to drain. Keep out of direct sun.





HARVEST

Rinse thoroughly before eating, drain and pat dry with kitchen towel, and refrigerate within 8 hours. Sprouts can be kept in refrigerator for up to 5 days.



West Coast Seeds

SPROUTING ACCESSORIES



STAINLESS STEEL SPROUTING SCREEN

This Stainless Steel Sprouting Screen is convex, so it has improved drainage when the sprouting jar is inverted after each rinse. It fits any conventional 9cm (3") Mason-type sealing jar and allows for the free exchange of both water and oxygen to sprouting seeds. Be sure that the convex (dome-shaped) side is facing inward, toward the sprouts. This screen will not rust.



STAINLESS STEEL SPROUTING RING

Typically, the ring fasteners that come with sealing jars are made from steel, but they sometimes rust. This can cause the appearance of rust on stainless steel sprouting screens around the outer edge. While this does not pose a health risk, it is cosmetically unappealing. The Stainless Steel Sprouting Ring will not rust, no matter how many consecutive uses, so it's a happy solution to an old problem. Sprout alfalfa, mung beans, and all the other favourite sprouts with confidence. It will hold a screen in place over the mouth of wide mouth Mason, Kerr, and other types of sealing jars.

SPROUTING JAR WITH SCREEN AND SEEDS

Here's a great gift idea, or a fantastic introduction to sprouting at home. This kit contains a wide mouth mason jar, sprouting screen (plastic or metal), along with an instruction brochure, and the Fantastic Four Collection. Bring a friend into the sprouting family with the gift of nutritious, easy-to-grow sprouts.

BIOSTA KITCHEN CROP SPROUTER

The Biosta is beautifully designed with grooved trays to help water spread evenly. Simply pour two cups of fresh cold water over seeds in the top tray. It drains into the trays below, and then into a reservoir at the bottom for easy disposal. Triple trays mean the crop can be staggered for a constant supply, or three different sprouts can be grown at once. The Biosta is constructed from BPA-free polystyrene plastic. Pre-soaking seeds is not necessary in the Biosta sprouter.

EASY SPROUT

Easy Sprout is a quart-size container that uses the subtle heat generated by the sprouting process to circulate fresh, humidified air by convection. This prevents suffocation and dehydration so the sprouts need less rinsing. Made from food-grade BPA-free, high-density polyethylene, it includes 6 pieces plus manufacturer instructions. It's great for wheatgrass.

SPROUTING SEEDS

By their nature, the seeds of plants in the Brassica and Legume families, along with a couple of grasses, have a very high, fast, and uniform germination rate. This makes them particularly well suited for sprouting. Other types of seeds take longer to germinate, so they are better suited to growing in soil as microgreens. Those types of seeds may end up rotting in conventional sprouting systems. Some sprouts are harvested right after the tip of the root emerges like adzuki beans or barley, while others are grown for the vegetative stem and leaves like alfalfa and mung beans.

CERTIFIED ORGANIC

All our sprouting seeds are Certified Organic, meaning they were produced on farms that do not use chemical fertilizer or pesticides. Our sprouting seeds have also been screened for pathogens like E. coli and salmonella, so they are clean and ready for safe sprouting at home.



ADZUKI BEANS

These are some of the fastest sprouts because they're ready to eat when only a tip of root emerges. Keep the bright red skins intact for the highest nutritional value. Adzuki sprouts are a good source of vitamins A, B, C, and E, as well as calcium, iron, niacin, magnesium, potassium, manganese, fibre, and protein.

ALFALFA

The familiar mild alfalfa sprout is the only plant that offers a complete range of vitamins: A, B complex including B12, C, E, and K. Alfalfa is full of calcium, folic acid, magnesium, phosphorus, potassium, sodium, and zinc.

BARLEY

Sprouted barley has a satisfying chewiness that works well in breads and breakfast cereals.



It is packed with vitamins B, C, and E. It is also a good source of calcium, magnesium, pantothenic acid, phosphorus, and amino acids. It can also be grown out for cat grass. Barley sprouts are harvested just after they sprout their first roots. Unlike alfalfa and mung beans, they are not grown for the vegetative stem and leaves. Barley is not as sweet as some other sprouted grains, but it is a nutritional powerhouse. It is also very quick from soak to harvest.

BROCCOLI

Grow broccoli sprouts for health

and vitality. Broccoli sprouts have
a very pleasing, mild flavour, and
are fast and easy to grow. They
are widely considered to be one
of the premier super-foods, as they are a very good
source of vitamins A, B, C, E and K, as well as calcium,
iron, magnesium, potassium, and zinc. They also supply
carotene, chlorophyll, amino acids, trace elements,
and considerable protein. Most significantly, they are a
good source of the antioxidant sulforaphane, which is
believed to combat the growth of cancer cells.





FENUGREEK

Fenugreek organic sprouting seeds produce large, vigorous sprouts with a mild but exotic flavour.

Fenugreek provides high quality protein, fibre, and a wealth of vitamins, including A, B1, B2, B3, B5, B6, B15, B17, C, D, E, H, folic acid, and fatty acids. Its mineral profile includes calcium, chromium, iodine, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, silicon, sodium, sulphur, and zinc. Fenugreek sprouts are truly a super-food. Add them to sandwiches, soups, and salads, or toss with sesame oil and enjoy them on their own.

BROWN MUSTARD

Brown mustard sprouts are some of the easiest and fastest Brassicas available. In just days, you can have fresh, crunchy, zesty sprouts that



contain the vitamins A, B, C, E, and K, and the minerals calcium, magnesium, phosphorus, iron, and zinc. They also contain chlorophyll, carotene, amino acids, and antioxidants. Mustard sprouts are fine like alfalfa, but have more intense flavour and a bit of spiciness that adds zing to salads and sandwiches. Grow this superfood using any simple sprouter and enjoy fresh mustard sprouts in just four



GROWING TIP

To soak or not to soak? Some sprout enthusiasts like to give sprouting seeds an initial soak to break the dormancy and start germination. We feel that if the seeds are given a thorough rinse in the beginning that soaking the seeds is not wholly necessary. Water will remain present on and between the seeds, and in the sprouter after the first rinse. If you choose to soak, the size of the seed dictates how long:

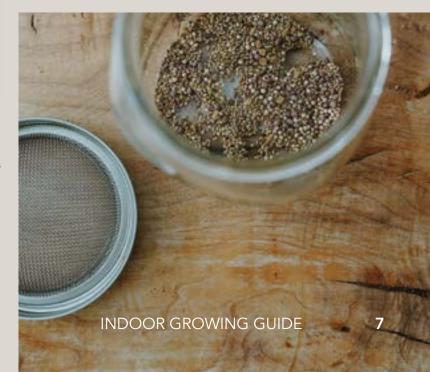
- Small seeds (like alfalfa and broccoli): 10 mins.
- Medium seeds (like radish and mung beans): 4hrs.
- Large seeds (like adzuki beans and chickpeas): 8 hrs.

CHICKPEAS

days.

Soaking and sprouting chickpeas makes them

easier for most people to digest. It enhances their amino acids, vitamins, and protein content. They are wonderful smashed into "living" hummus, or just as highly nutritious snack food. Sprouted chickpeas are harvested just as the tip of the root (the "tail") emerges from the seed, indicating that it has germinated. The seeds increase noticeably in size. They have a definite crunch factor that works very well in salads and makes them a terrific and healthy snack. They can also be mixed with dry spices and enjoyed on their own.



GREEN LENTILS

As the green skins split, they reveal the succulent yellow interior, and that's the time to harvest sprouted lentils. Green Lentil sprouts are an excellent



source of vitamins A, B, C, and E. They are also packed with calcium, iron, niacin, phosphorus, and magnesium. Grow them for a good source of fibre, amino acids, and protein. Because they are harvested just as the root emerges from the seed, they are very fast to produce, being ready to harvest after only two to three days. They work well in the Biosta Kitchen sprouter or simply in Mason jars with a screen attached.

GREEN PEAS

Green peas sprouts are among our most popular sprouting seeds, producing large, mild



sprouts. Some growers like to enjoy pea sprouts just after germination, when they are still crunchy and sweet like freshly picked garden peas. Others prefer to let the root and stem grow for a day or two, and harvest them more like long pea shoots. Green peas also make splendid microgreens if grown in soil. No matter how they are grown, pea sprouts have an appealing texture and flavour, and can stand alone as a salad. They also add a nice touch to stir-fries, but be sure to add them near the end of cooking, so they maintain their magical crunch.



MUNG BEANS

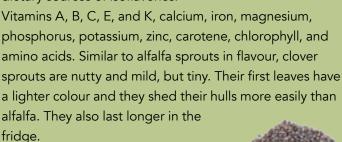
These are the familiar "bean sprouts" that are widely available in stores and restaurants. Mung bean sprouts are powerhouses of nutrition and are high in Vitamins



A, B, C, and E, calcium, iron, magnesium, potassium, and amino acids. They are also low in salicylate. In Chinese medicine, mung bean sprouts are considered to be a yin or cooling food. Use them in salads and stir-fries. Situate the sprouter away from any bright lights or mung bean sprouts can develop a bitter flavour. Rinse as often as possible and harvest when the bright white sprouts are about 1"–2" long.

RED CLOVER

Red clover sprouts are very fast and easy. Mild and delicious, red clover sprouts are one of the highest dietary sources of isoflavones.



RED RADISH

Red Radish sprouting seeds are probably the fastest to sprout. Red radish sprouts have quite a bit of the heat associated with garden radishes, so they're not for the faint of heart. First comes the intense flavour, and then a wave of powerful heat, almost like wasabi. Red Radish sprouts are highly nutritious and an excellent source of fibre, vitamin C, and folate. They are packed with antioxidants, and very easily digested, so the body can take advantage of the whole nutrient package without burning a lot of calories. Radish sprouts tend to develop very fine micro-roots that can look fuzzy — don't confuse this natural growth as mold or mildew.

WHEATGRASS

Wheatgrass sprouts are incredibly rich in chlorophyll and antioxidant enzymes, and provide Vitamins B-12, B-6, C, and K. Hard Red Wheat sprouts have a light, delicious flavour reminiscent of freshly

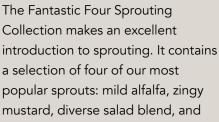


picked corn. Wheatgrass seeds can also be used for growing cat grass, and the sprouts can be fed to dogs, rabbits, and other pets.

YELLOW MUSTARD

Yellow Mustard sprouts have a fine, slightly spicy flavour that is reminiscent of horseradish. Mustard sprouts are packed with vitamins, minerals, and antioxidants. They're high in dietary fibre and contain 30–35% protein. In only four days mustard sprouts will be ready to eat.

FANTASTIC FOUR SPROUTING COLLECTION





spicy red radish. They are individually packaged 40g at a time, so there's no big commitment to using up a giant quantity of seeds. Explore the wide range of flavours and sizes of sprouts, and then experiment with blending custom sprout mixes. These nutritious super-foods are ready to eat just four days after starting.

DELUXE BLEND

For real variety, choose the Deluxe Blend which includes mung beans, adzuki beans, lentils, chickpeas, red clover, and red radish sprouting seeds. The combination of large sprouts and small, delicate



sprouts is very appealing in terms of texture. The varied flavours combine for a delicious medley that improves salads, soups, and stir-fried dishes. The Deluxe Blend will be ready to harvest in just four to five days from starting. Fresh, easy-to-grow food you can grow in your own kitchen. Now that's eating locally!

KOREAN BEAN SALAD

Bean sprouts are one of the most common and popular vegetables in Korean cuisine. They are known as kongnamul in Korean, and this salad is Kongnamul-muchim.

About 1/2 cup of Mung bean seeds will produce roughly one pound of finished sprouts, which is the amount called for in this recipe. We trim the root off of each sprout before cooking, leaving a stem about 6cm (2.5") long, with the first pair of leaves (cotyledon) just opening. Aim for harvesting five days after beginning the sprouting process.

Ingredients:

- 1 lb mung bean sprouts, trimmed, rinsed and dried
- 1 teaspoon sea salt
- 2 cloves of garlic, minced
- 1 scallion, finely chopped
- 1/2 teaspoon hot pepper flakes
- 1 teaspoon fish sauce
- 1 teaspoon toasted sesame seeds
- 2 teaspoons sesame oil

Add the sprouts to a clean cooking pot with the sea salt and 1/2 cup water. Cover and bring to a boil on medium high heat for 10 minutes. Then leave the sprouts to cool and drain in a colander

Combine the sprouts with the remaining ingredients, and toss or mix by hand. The garlic and hot pepper flakes want to be evenly distributed. Transfer to a serving dish and enjoy with rice.

GO-GO BLEND

The Go-Go Blend of organic sprouting seeds includes alfalfa, red clover, red radish, yellow mustard, and fenugreek for an amazing combination of flavours and textures. It adds zing to salads and sandwiches the combined health benefits of all sprouting seeds. Eat the delicious spalads, or toss some into stir-fries or



adds zing to salads and sandwiches, and contains the combined health benefits of all these delicious sprouting seeds. Eat the delicious sprouts raw in salads, or toss some into stir-fries or noodle dishes. This fast-growing sprout blend is ready to harvest in just 4 to 5 days. The range of sizes, textures, and flavours in this blend add intense nutrition to any meal.

GOURMET BLEND

Our Gourmet Blend of organic sprouting seeds is a superb selection of big sprouts, full of flavour and nutrients. This blend includes mung beans,



green lentils, chickpeas, yellow soy, and red radish. This blend provides vitamins, minerals, protein, and dietary fibre, all in a form that is easily digested. The Gourmet Blend makes a wonderful, simple salad on its own. Serve it plain or with a dressing, or use a clump of the nutritious sprouts to fill out a decadent sandwich.





SALAD BLEND

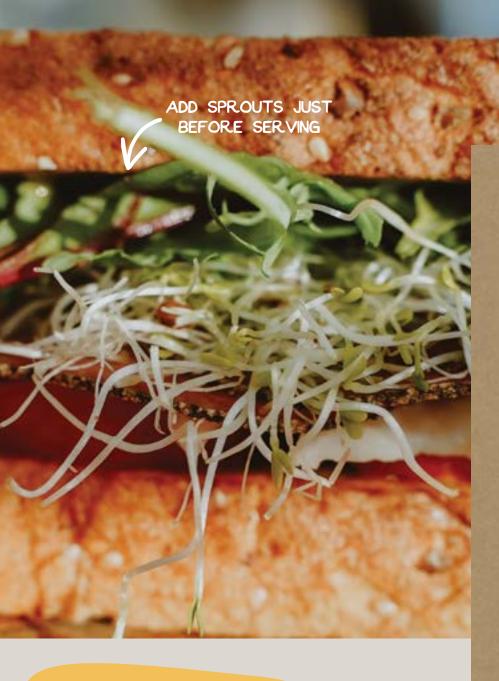
Mung beans, adzuki beans, chickpeas, red clover, radish, and green lentils — big, crunchy sprouts that are perfect as a salad topping, or as a salad on their own. This is the perfect mix of mild, but distinct



flavours that combine for a deeply satisfying garnish or side course. This blend handles dressing beautifully. This sprout blend has been a popular seller at West Coast Seeds for many years, and is much loved for its substantial sprouts and their mild flavour.

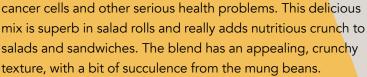


sunlight once the first pair of leaves open to promote chlorophyll to develop for enhanced nutrition.



SANDWICH BOOSTER MIX

The Sandwich Booster Mix is composed of alfalfa, mung beans, red clover, and red radish. This is the combination that some studies suggest can prevent the spread of



THE PERFECT SANDWICH

The perfect sandwich is a balance of textures and flavour. Remember that cheeses and meats are best at the bottom while lighter items such as sprouts and fresh herbs are best on top. Sprouts are packed with nutrients and add a crunchy texture. Pick your favourite bread or wrap and build your dream sandwich:

SPREADS

- Pesto
- Hummus
- Cream cheese
- Dijon mustard
- Mayo
- Tapenade

VEGGIES

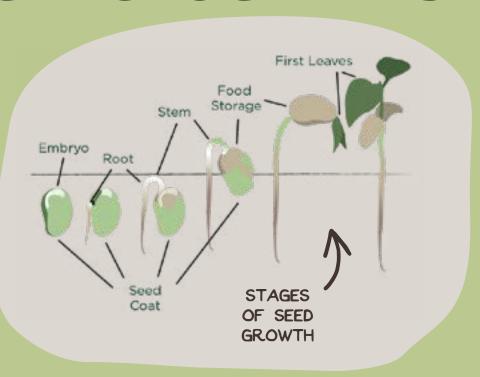
- Sprouts
- Tomato slices
- Cucumber slices
- Pickles
- Onion
- Avocado
- Spinach
- Roasted red pepper
- Artichoke hearts
- Lettuce, spinach, or mixed greens

OTHER INGREDIENTS

- Walnuts
- Potato chips
- Cheese slices
- Chopped dates
- Sliced meat
- Crispy tofu
- Tempeh

GROWING MICROGREENS

Microgreens, like sprouts, are crunchy, flavourful, and packed with nutrition, but are grown in soil or other media. Unlike sprouts, timing is more flexible, which means seeds that by their nature take longer to germinate can be used. This includes basil, mint, carrots, beets, amaranth, and many others. The range of flavours and colours is nearly limitless. They can be used in salads and sandwiches, or simply to add an exotic garnish to other dishes.





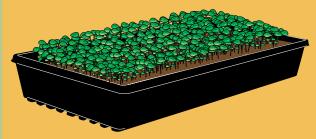


Select any shallow container with drainage holes on the bottom, and fill it with a few centimeters of seedling soil or soil medium. Be sure to use sterilized soil rather than soil from the garden. As with sprouts, keeping all aspects of microgreen production sterile will prevent the introduction of pathogens and mould.



2 sowing

For tiny seeds like arugula and mustard, just sprinkle the seeds evenly across the surface of the soil. For larger seeds like sunflowers or beets, insert individual seeds evenly, but densely, so they are just covered by soil. Water with a mister from above, or soak from below in a dish of water, and then remove the container so that the soil drains freely.





Keep the soil just moist, not wet, and harvest any time after the first pair of leaves open. Cut with scissors at the soil level, or pull up the whole seedlings and rinse them under cold water to remove any soil.

MICROGREENS SEEDS

All edible vegetables, flowers, and herbs are fit for growing as microgreens. We have selected some of our favourites below as a great introduction to the potential of growing crops this way. After experimenting with some of the products that follow, we encourage gardeners to branch out and discover more unique and nutritious microgreens. In our trials, we found that sweet corn microgreens are intensely sweet — sugary even. Nasturtium microgreens are profoundly peppery and hot. Even a few microgreens added as a garnish can elevate a meal.

MICRO AMARANTH

Amaranth microgreens have a nutty, rich flavour and are 15% protein. They're rich in vitamins A, B, C, and E, calcium, iron, magnesium, niacin, phosphorus, potassium, and amino acids.



MICRO ARUGULA

These richly flavoured greens provide vitamins A, B, C, and E, as well as calcium, iron, magnesium, niacin, phosphorus, potassium, and essential amino acids. Arugula greens contain up to 25% protein.



MICRO BEETS

These have a mild, spinach-like flavour. Their intensely purple stems and bright green leaves are even more nutrient-dense than mature beets. Try them as a replacement for baby spinach in salads.



MICRO BROCCOLI

The delectable crunch and flavour accompanies all the nutrients of broccoli sprouts. Raw broccoli contains masses of vitamins, and the cancer fighting compound sulphoraphane. As immature microgreens, the whole nutrient package is much easier to digest.



MICRO FENUGREEK

Very fragrant and super-nutritious, these little greens contain vitamins A, B, C, & E, calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, chlorophyll, and nutrients that are thought to combat a host of diseases including diabetes by enhancing cellular sugar uptake.





MICRO KALE

These mild-tasting greens look very nice if the first true leaves are allowed to emerge. They are high in vitamins A, B, C, E, and K, as well as calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, amino acids, and protein and contain 164 unique types of polyphenol antioxidants.

MICRO MUSTARD

So close to horseradish in flavour, they make a fine complement to roast beef or sushi. Micro mustard is a superb source of carotene and antioxidants, as well as a host of vitamins and minerals. The colour is intense green.



MICRO PAC CHOI

Pac Choi microgreens are milder than their cousins the mustards, and not as pungent as their other cousins in the Brassica family. But they contain very high amounts of vitamins and minerals, and of course, chlorophyll and amino acids.



MICRO PEAS (PEA SHOOTS)

Fast and easy to grow, pea shoots contain seven times more vitamin C than blueberries, eight times the folic acid of bean sprouts, four times more vitamin A than tomatoes and two times more protein than any other edible green. Keep a small batch of these super-foods growing in the kitchen to add to salads and nearly any other dish.



MICROGREEN BASIL PESTO RECIPE

of ToFoodies, submitted this delicious microgreen basil pesto recipe. It's easy to make, tastes amazing, and pairs excellently with your favourite pasta.

PESTO INGREDIENTS

- 1 cup of microgreens (we chose arugula and
- 1 cup of basil
- 1/4 cup ramps (after blanching) or 1 clove of garlic
- 1/4 cup of grated parmesan cheese
- 1 tablespoon of lemon zest
- Olive oil

ADDITIONAL INGREDIENTS & GARNISHES

- Pasta of your choice
- Finely grated parmesan cheese
- Pea shoots
- Arugula microgreens

Blanch your ramps by boiling in salted hot water for two minutes, then placing them in ice water and set aside add 1 clove of garlic to the next step instead. Blend two tablespoons of olive oil. Then, add in the rest of the pesto ingredients and blend together until you are at your desired consistency. To thin out the pesto, add in more olive oil one tablespoon at a time. Pair with a plate of fresh pasta and garnish & arugula microgreens and pea shoots on top. Follow @TOFoodies on Instagram for more recipe inspiration and food-focused posts.

MICRO SUNFLOWER

Sunflower microgreens are chunky like big bean sprouts, with a pleasingly crunchy texture and a flavour reminiscent of carrots. Add some to a salad or sandwich or serve as a refreshing and nutritious side dish. They are high in complete protein.

MICRO SWISS CHARD

Swiss chard microgreens are so brightly coloured, they provide dishes with a painterly flair. Delicate, pale green leaves atop eye-catching, bright red or pink stems. They are incredibly rich in vitamins A, C, and K.





TWO WEEK MICROGREENS BLEND

Plant this crunchy, highly flavourful blend and enjoy a harvest window of several days, just two weeks later. The blend contains arugula, cabbage, red kale, pac choi, radish, and fenugreek.

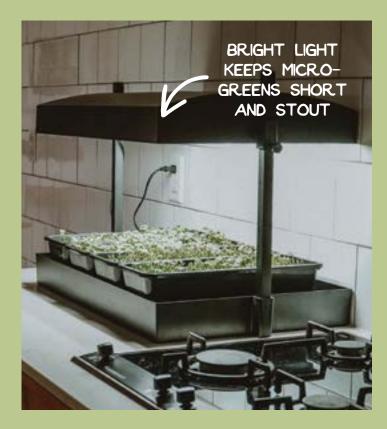
THREE WEEK MICROGREENS BLEND

This blend contains gold, pink, crimson, and chlorophyll-rich greens. It is spicy, crunchy, succulent, and eye-catching.
This blend contains amaranth, orach, purslane, komatsuna, shungiku, and sorrel.

INDOOR GROWING ACCESSORIES

SUNBLASTER T5HO GROWLIGHT GARDEN

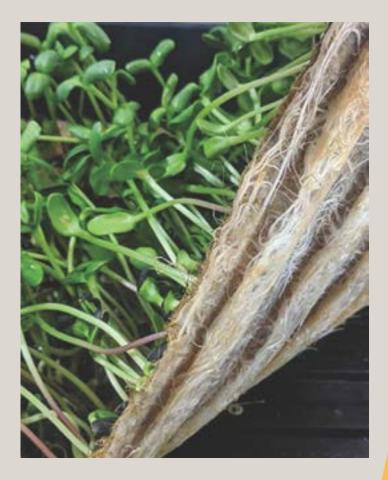
The SunBlaster T5HO Growlight Garden is the perfect kit for indoor salad or microgreen production. The compact size and shape of this unit is ideal for table or kitchen counter-top use. The base is a sturdy aluminum tray that acts as a reservoir for water. In this tray sits a stand covered by a sheet of absorbent cloth that draws water up and into the bottoms of the planted seed trays by capillary action. Available in both LED or T5 fluorescent tubes options, two grow lights are nestled in a curved reflective hood that floods the growing area in full spectrum light, while using 20% less electricity. The hood's height is fully adjustable. Once seedlings sprout, lower the hood to about 10cm (4") from the tops of the plants, and they will grow bushy, strong, and compact. The SunBlaster T5HO Growlight Garden is also ideal for starting seedlings. It includes four reusable segmented trays for planting, the reservoir stand, multi-layered wicking sheet for optional "self-watering," and full instructions. All plastic components are 100% recycled.



MICROGREENS TRAY

Designed and produced with microgreen production in mind, these Microgreen Trays are made from a thicker gauge plastic than conventional Seedling Germination Trays. They are sturdier, and will stand up to repeated uses. They're the same length and width as Germination Trays, but shallower at only 3.5cm (1 1/4") deep. With only a few trays, a perpetual harvest of nutritious microgreens is possible by staggering the planting times. As with our other trays, inserts, and domes, volume pricing is available. These trays are available with drainage holes or without holes. They are made from food-safe polystyrene.







We love this innovative product line manufactured in Alberta. Composed of long fibres from the hemp plant, these mats form the perfect material for root stabilization for any short rotation crops. Use them for sprouts, microgreens, or for any other seedling starts. They're ideal for growing wheatgrass. Once the harvest has been taken, the whole thing can be composted — it's 100% biodegradable. Peat-based products are not ideal since they are harvested from peat bogs. Coir is a great option, but it is transported from the tropics. Terrafibre is a superbly sustainable option. This package contains 40 sheets cut to 5x5 inches so that 8 laid flat would fit standard 10x20 planting (or microgreen) trays.





SEEDING SOIL

This is the best soil for growing microgreens in trays or containers. It prevents the introduction of foreign seeds, insects, and mould. At the same time, it provides a light, fluffy, moisture-retaining medium that is ideal for germinating seeds. We have been running a microgreen demonstration of the SunBlaster Growlight Garden for several years in our retail store using this sterilized Seedling Soil, and we are convinced of its quality.



It is best practice to always use fresh seedling soil for each batch of microgreens. Soil that has been harvested from previously will contain roots and other residual organic matter which may begin to decompose. This can encourage the growth of mould, which is not desirable. Just like any other kind of food preparation, it's better to keep all materials clean and fresh. Spent seedling soil can be composted or used as a mulch in garden beds.

GROWING A KITCHEN GARDEN

Grow a salad right in your kitchen. It's sensible and rewarding, and a great way to learn about gardening. While it's technically possible to grow any plant indoors, vegetables that produce fruit (tomatoes, peppers, beans) and roots (carrots, beets, rutabagas) are highly demanding in terms of light and nutrients and may be unpractical in the average indoor garden, unless you invest in a hydroponic setup. We recommend focusing on leafy vegetables and herbs to begin, especially those that can be harvested while immature, which can easily be container-grown in potting soil under bright light. The varieties below will take up less space, and tend to grow quickly for fast results.

ARUGULA

The leaves are best when young and tender — all flavour and subtle spice.

BASIL

There are basil seeds for pungent pesto, colourful garnishes, and spicy international dishes.

BEETS (FOR BABY GREENS)

The tasty immature leaves with red stems are a great addition to salad mixes.

CHERVIL

A delicate parsley-like plant with a hint of licorice aroma, its delicate flavour disappears in cooking so add it just prior to serving or add raw leaves fresh to salads.

CHIVES

Add a fresh, mild green onion flavour to sandwiches, salads and baked potatoes.

CILANTRO

Fragrant and fresh, it adds a distinctive flavour to broths, tacos, and countless other meals.

CURLY CRESS

Fast growing, powerfully flavoured greens that are harvested as immature leaves for salads and sandwiches.

Check out our guest blogs

For tips on hydroponics.

LETTUCE

Comes in an amazing array of forms, colours, sizes, and flavours.

MESCLUN MIXES

Mesclun is a Provençal word meaning "a mix of baby greens."

MINER'S LETTUCE

Succulent, sweet leaves and stems.

MUSTARDS

Can be enjoyed raw in salads, cooked in stir-fries, steamed, braised, or added to soups.

PAC CHOI

Mild and tender leaves full of healthy antioxidants.

PARSLEY

Actually a member of the carrot family. It's a useful and versatile kitchen herb for garnish and flavour.

SCALLIONS

Bright flavoured and crisp texture. Just right for slicing.

SPINACH (FOR BABY GREENS)

A valuable source of beta carotene, iron, and vitamin K. Baby-leaf varieties can be grown at nearly any time of year.



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GROWING TIP

Ventilation: Air circulation will help to speed evaporation of water from the soil and containers, and prevent mould and mildew from becoming a problem. Consider installing a small fan in or near your growing area to provide extra air movement.

