



Seeds for Africa

Microgreens

You can grow microgreens in a variety of growing media: peat-based potting mix, coir (coconut peat) or a soil mix.

- 1) Fill the tray with lightly moistened (not soaking) potting medium to a depth of 2-3 cm.
- 2) Soak the seeds in water overnight. In the morning, drain the seed and sprinkle seeds evenly on top of the mix. For best germination and growth, seeds should not overlap in the tray. As a rule of thumb, seed distribution should be 10 to 12 seeds per square inch for small seeds and 6 to 8 seeds per square inch for larger seeds. A square inch is 2.5cm x 2.5cm.
- 3) Lightly cover the seeds with 0.5 cm of your growing medium, pressing the seeds and mix firmly into the tray.
- 4) Cover the container/tray with plastic wrap or clear lid. Place the tray in a warm area, 20-25 C.
- 5) Using a mister or light sprayer, ensure that the surface of the tray remains moist. The microgreens should be sprayed daily. Pouring water or spraying with a heavy spray will cause the seeds to be disturbed and they may wash away.
- 6) As soon as germinated greens are visible, remove the plastic wrap or cover.
- 7) Continue to water / mist the greens ensuring that the tray remains moist but is never left in standing water
- 8) Microgreens need sunlight to grow. When grown indoors, they should be located in an area that gets sunlight or under a grow light. If grown outside in the summer, they should be placed out of direct sun so they don't dry out or bake.
- 9) Some seeds have hulls that will remain on the young plant after they have germinated. If this is the case, mist the plants with a spray bottle and the moist hulls will naturally fall off. Don't try to remove these with your fingers as it's likely that the seedling will become damaged.
- 10) Microgreens are usually harvested when there are four or more leaves. Cut the shoots just above ground level with scissors. Plan to use your microgreens fresh. However, they can be stored in the fridge in an airtight container for several days.
- 11) Roots and potting medium can be mixed after each harvest and used several times before being composted.

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