

Get Started with growing microgreens using the growingkit from Nordamark.



Hi!

This is my first time using the startup-kit for soilless microgreenfarming from Nordamark at home. Tag along!

In the kit needed to grow your own microgreens this is included (I used two kits):

2 x channels

2 x channelendparts

hempfiber

seeds

You will also need this:

Water (prefered near pH 6) in a big bowl or soak it in the zink like I did.

A spraybottle with water

Let's do this!



First – carefully wash the channels then put on the endparts on two of the channels.



Soak the hempfiber generously in water – in the bowl or in the zink.



Let excess water drip off – I placed the wet hempfiber in the channels and placed it in the zink for a while.



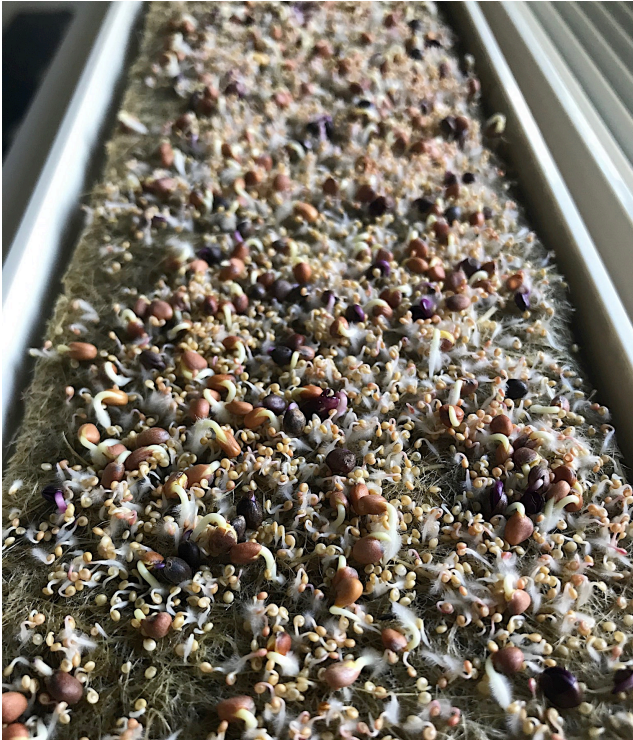
Use a small cup or glass to spread the seeds even on the hempfiber – no piles allowed! Nice and even!



Use the spraybottle to give the seeds a good splash of water from above – this will help the germination.



Time to place the other channel on top like a lid. Place the channel with the smooth side downwards.
Now it's time to let the germination kick in for a couple of days.



After two days the germination has started and the fuzzy white things you can see is actually the first small roots that's forming.



Time for a good splash with the spraybottle again then put the lid back on but now with the smooth side facing upwards. Time to wait for a couple of days again..



After two more days it's sprouting and the small and strong microgreens are lifting the topchannel. Time to take the lid of and place the sprouts in daylight – lika a window or a growinglight.



After a few more days and in total a week after I started up – I can now harvest my first superfresh microgreens! Straight from the window on to my sallads, sandwiches and more.

This is such a quick and easy (and fun) way to grow yor own greens!

Happy soilless microgreenfarming!!