

More detailed instructions for Grow-Your-Own microgreen kits

(and/or watch the quick video [here](#))



Step 1: Trays

The trays in your kit are made in South India from the naturally fallen leaves of the Areca palm. The leaves are cleaned, soaked and pressed into shape before drying. We source the trays from @ecopalmleaves in London, ON. The trays are fully compostable. Or simply place in your blue bin when done growing.



Step 2 & 3: Soil

The soil in the kit is ProMix MP organic growth medium produced in Canada and sourced locally. It can also go into the blue bin when you've finished.

Step 4: More on Soil

A flat soil surface helps prevent seeds clumping together. Gentle compression of the soil gives a solid substrate for the plant roots to anchor themselves. This photo shows pea shoot roots after 10 days of growth.



Step 5: Wetting

Water is one of the two things to get right (the other is light). Too little water and the seeds won't germinate; too much and you invite mold and seed rot. If you have a kitchen scale, measure the dry weight of the tray/lid/soil combo – it will be around 200g. The initial soil spray should add 40-60g. If without a scale spray 40-60ml of water onto the surface. Or simply spray until the soil is all black, not brown.

Step 6 & 7: Seeding

Seeds must be sprinkled *evenly* across the surface to maximize the germination rate and to prevent seeds clumping together which invites mold. Gently spray a second time to wet the seeds, maybe another 20ml of water. If you are growing shoots – pea shoots and sunflower, be sure to fully soak the seeds in a large container of water for 12 hours before sowing.

Step 8: Darkness

The tray's lid keeps the seeds in darkness during the germination phase. They like darkness. Use the elastic band to keep the tray and lid held together. Air gets in, light does not.

Step 9: Temperature

Germination is faster in warmer temperatures. While room temperature is fine, a bit warmer encourages the seeds to germinate more quickly.

Step 10: Seed Spraying

Daily spray until all the soil surface is black again. If weight measuring, the combo should be brought back to its dry weight plus around 50g (ml). Daily inspect for mold. Any early mold (if overwatered or too warm) can be banished with a spray of 3% hydrogen peroxide.

Step 11: Germination

The seeds will germinate at different rates – not a problem. Here is view five and ten days into the process. Note the white root hair on the young plants – this indicates healthy growth. Root hairs can be mistaken for mold. Mold, if it appears, is a larger expanse of white fibers extending over the soil, not just the roots. At right are germinating radish seeds.



Step 12 & 13: To Light

After 4-7 days the emerging plants should be unboxed and with the lid under the tray placed in a bright or sunny location. A south facing window in winter is pretty much essential. Or use an artificial light source. The time to maturity is mostly determined by light levels (assuming watering is appropriate). The photo shows broccoli just out of darkness (with a 5 day old specimen in the background)



Step 14: Plant Watering

Daily waterings should bring the wet weight up to the +/-350g range. Watering around the edges prevents the young leaves from getting wet which can again attract mold and damage the foliage. At right are is broccoli after about a week.



Step 15: Harvesting

Depending on the seeds, light and water, the microgreens should be ready for harvest after 2-3 weeks. Harvest one small portion each day for several days and . . . enjoy! If you continue to maintain the tray it's often possible to get a second harvest, albeit smaller. Here some pea shoots are sharing their bounty.



Junction Microgreens

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