Good Seed, Glad Harvest.™

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MICROGREENS

Sow Often, Sow Awesome, Sooo E-A-S-Y!

Are these tiny plants the new 'foodie' rage for gardeners, chefs and nutritionists? It may be a new idea to some, but eating tiny greens as a flavorful garnish or crunchy topping has been around for years. These are not sprouts – they are seedlings (stem, cotyledons, and first true-leaves; no root or seed coat) of edible vegetables, herbs and flowers. Easy to grow in just a few days from seed, studies have shown the leaves can have 4-40 times the nutritional value of the same mature vegetable.

- Start with any shallow container. One with drainage is important.
 Choose anything from a standard seed starting tray to a
 - recycled salad container from the market to an old brownie pan; or be creative!
- Fill the container with moistened seed starting mix; not potting soil or soil from the garden. If the mix has large pieces of sticks or perlite, you may want to sift it. Smooth and lightly firm the soil.
- Sow the seeds by scattering them evenly over the soil. You can sow seeds to be grown as micro-greens
 - thickly even seed touching seed. One variety or mix and match.
- Some people prefer to cover the seeds with a dusting of soil mix; others prefer to leave the seed uncovered and just water the seeds in. One recommended method is to cover the seeds with a paper towel and water the seeds right through the towel. It's convenient, inexpensive, encourages the seeds to remain in contact with the soil and protects them until they are fully rooted into the soil. A paper towel is light enough for the newly sprouted seedlings to push up as they grow and doesn't interfere with the germination process.
- No matter what 'covering method' you choose, water the seeds into the soil gently from the top with a sprinkler or the 'rose' nozzle of a watering can. The seeds must not be allowed to dry out, so watering daily (or sometimes twice daily) is nessesary. Using a plastic greenhouse cover can also aid in keeping the seed moist. Each watering should be a gentle shower, so as not to disturb the seed or knock the new seedlings over. If using the paper towel method, continue to allow the seeds to grow until they have rooted into the soil and pushed the paper towel up before removing it.

- Most seeds do not need light to germinate, but as soon as
 those little green shoots start to appear, place the tray in a
 bright sunny window. If the weather permits, you can grow your
 micro-greens outside. If adequate light is not available, grow
 lights are an option.
- Remove the paper towel (add it to your compost pile) and any
 plastic greenhouse cover as soon as the majority of the seeds
 have rooted. Do not leave any greenhouse covers on once the
 tray has been moved into the sun; these little seedlings can
 quickly become overheated and die.
- Over the next 5-15 days the greens will continue to grow and thrive as long as they have sufficient light and water. If the tiny
 - plants are reaching for the light in one direction, turn the tray daily. Since the growing containers are shallow, daily watering is still required unless they are set up onto a self-watering tray.
- Microgreens are harvested when they are 2-3" tall, have a stem and only the seed leaves (cotyledons) are fully developed (except pea shoots/ tendrils; see notes on back).
 Don't wait too long; once

these seedlings start to grow true leaves, they start to require more care, spacing, and fertilizing or they will become stressed.

- Most micro-greens are a single cutting (except for Pea Tendrils). Cut them with scissors just above the soil. Newly harvested micro-greens are wonderful, but they can also be stored in a plastic bag filled with air for a few days in a refrigerator.
- Snip and Enjoy!





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bitums pale stem, green cotyledons & leaves citrus 7.10 12.20 veers (small hulled) green stem with large green cotyledons eleptpery 6-8 10.18 ge (purple) purple stem, green cotyledons sweetcearthy 5-7 12.15 file pale stem, green cotyledons cabbage 3-4 6-8 ge (purple) purple stem, purple valined green cotyledons cabbage 3-5 6-9 fight pale stem, green cotyledons cabbage 3-5 6-9 fight purple stem, purple valined green cotyledons beat like 5-7 7-12 fight purple stem, green cotyledons beat like 5-7 7-12 fight purple stem, green cotyledons mild radiah 3-5 6-10 fight purple stem, green cotyledons mild cabbage 3-5 6-12 fight purple stem, green cotyledons mild cabbage 3-5 6-12 fight purple stem, green cotyledons & leaves mild cabbage 3-5 6-12 fight purple s	Amaranthus (Red)	red stem, maroon cotyledons	mild-earthy	2-3	8-12	warm soil
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	Sunflowers (small hulled)	green stem with large green cotyledons	slightly nutty	8-10	15-20	soak seed, warm soil, harvest when hulls are shed
It	Beet	purple stem, green/purple cotyledons	sweet-earthy	5-7	12-15	soak seed for 24 hrs, warm soil
ge (purple) purple stem, purple veined green cotyledons cabbage 3.5 6.9 (cutting type) red/yellow stems, green cotyledons beet like 5.7 10-15 (garnet) green stem/leaves celery 5.7 15-20 (garnet) peren stem/leaves lightly bitter 3.5 6-12 (garnet) pale stems, green cotyledons mild radish 3.5 6-12 (green or purple stem/cotyledons mild radish 3.5 6-9 (unan (red) purple stem, green cotyledons mild spicy 4.6 10-15 (heds) green thread like green leaves mild spicy 4.6 10-15 (biteds) pale stem, green cotyledons & leaves mild spicy 4.6 10-15 (biteds) pale stem, green leaves mild spicy 4.6 10-15 (biteds) pale stem, green cotyledons & leaves mild spicy 3.5 8-12 (biteds) pale stem, green cotyledons sveet 3.5 8-12 (biteds) pale stem, green cotyledons spicy	Broccoli	pale stem, green cotyledons	cabbage	3-4	6-8	
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(cutting type) green stem/leaves celery 5-7 15-20 / (garnet) red stem, green cotyledons bitter sweet 5-7 7-12 (ft pale stem green leaves lightly bitter 3-5 8-15 purple stem, green cotyledons mild radish 3-5 6-10 purple stem, green cotyledons mild radish 3-5 6-10 purple stem, green cotyledons mild cabbage 3-5 6-12 purple stem, green cotyledons mild cabbage 3-5 6-9 purple stem, green cotyledons mild spicy 4-6 10-15 the-Sh-ko) green thread like green leaves onion 5-7 10-20 pale stem, green cotyledons & includes sweet 3-5 8-12 pale stem, green cotyledons & includes sweet 3-5 8-12 pale stem, green cotyledons & includes spea like, sweet 3-5 8-12 pale stem, green cotyledons slightly nutty 5-7 12-15 pale stem, green cotyledons & leaves green tea 10-12 15-30 <td>Chard</td> <td>red/yellow stems, green cotyledons</td> <td>beet like</td> <td>5-7</td> <td>10-15</td> <td>soak seed for 24 hrs, warm soil</td>	Chard	red/yellow stems, green cotyledons	beet like	5-7	10-15	soak seed for 24 hrs, warm soil
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ro pale stem, green cotyledons & leaves strong cilantro 5-8 10-18 il pale stem, green cotyledons & leaves mild anise 7-10 15-20 z green stem/leaves peppery - spicy 2-3 8-12 jl pale stems, green cotyledons dill 5-8 12-15 jl pale or bronze stems/leaves licorice 6-10 15-20 (Green/Red Veined) green stem & cotyledons w/purple veins citrus 6-10 15-20 mild spicy 8-10 15-20	Basil	green or purple stem/leaves	basil	4-5	14-21	warm soil, allow first true leaves
ril pale stem, green cotyledons & leaves mild anise 7-10 15-20 green stem/leaves peppery - spicy 2-3 8-12 pale stems, green cotyledons dill 5-8 12-15 green/Red Veined) pale or bronze stems/leaves licorice 6-10 15-20 (Green/Red Veined) green stem & cotyledons w/purple veins citrus 6-10 15-20 mild spicy 8-10 15-20	Cilantro	pale stem, green cotyledons & leaves	strong cilantro	5-8	10-18	grow to first true leaves
green stem/leaves peppery - spicy 2-3 8-12 pale stems, green cotyledons dill 5-8 12-15 green/Red Veined) green stem & cotyledons w/purple veins citrus 6-10 15-20 green Savory green de green & cotyledons w/purple veins mild spicy 8-10 15-20	Chervil	pale stem, green cotyledons & leaves	mild anise	7-10	15-20	grow to first true leaves
Green/Red Veined) green stem & cotyledons w/purple veins dill 5-8 12-15 Green/Red Veined) pale or bronze stems/leaves licorice 6-10 15-20 Green/Red Veined) green stem & cotyledons w/purple veins citrus 6-10 15-20 mild spicy 8-10 15-20	Cress	green stem/leaves	peppery - spicy	2-3	8-12	leave towel an extra day or 2
Green/Red Veined)green stem & cotyledons w/purple veinslicorice6-1015-20greenmild spicy8-1015-20	Dill	pale stems, green cotyledons	dill	5-8	12-15	grow to first true leaves
ed Veined) green stem & cotyledons w/purple veins citrus 6-10 15-20 green mild spicy 8-10 15-20	Fennel	pale or bronze stems/leaves	licorice	6-10	15-20	grow to first true leaves
green mild spicy 8-10 15-20	Sorrel (Green/Red Veined)	green stem & cotyledons w/purple veins	citrus	6-10	15-20	warm soil, can grow to first true leaves
	Summer Savory	green	mild spicy	8-10	15-20	can grow to first true leaves

