

# 5x5 Microgreen Growing Kit

4/16/2023

## Growing Instructions

We may use some terms here that you are unfamiliar with. There is a glossary of terms on the last page of the instructions.

## Getting ready

### Supplies

Beyond the kit you will need to gather a few supplies from around the house.

You will need:

- A spray bottle that can produce a fine mist of water
- Measuring spoons
- Scissors or small knife for harvesting
- Light source - this can be under the counter lights, a sunny window sill, or a dedicated LED grow light.

Once your kit arrives, take all of your trays out and wash with hot, soapy water. Allow to air dry. These trays can also be run through a dishwasher but you need to make sure the heated dry and extra water heating features are turned off. Close contact with heating elements can warp or melt the trays.

## Start Planting

Things that are the same.

The different types of seeds will require slightly different growing plans. The preparation of the trays and planting will be the same though.

- Using clean trays, place one hemp mat in the base of each tray with holes that you will be planting.
- Place the 5x5 trays with holes in your 1020 shallow tray.
- Use your spray bottle to moisten the mats so your seeds will stick when applied.
- Sprinkle the measured amount of seeds evenly across the mat. (See section below for seed specific measurements)
- Mist the seeds and mat using your spray bottle. You are aiming for the same level of dampness as a wrung out sponge.
- Use one of the small trays with no holes nested inside to put pressure on the seeds.
- At this point there are two ways to proceed with the germination part of your growing.
  1. If you are growing multiple trays at a time you can stack them on top of each other with a no holes tray between each one. Place a no holes 5x5 tray on the top and put a small weight like a jar of jam inside it.
  2. If you are only growing one tray at a time, place a no holes tray on top and place a light weight on top to keep the seeds pressed into the mat.
- Lift the edge of each tray once or twice a day during germination and lightly mist with water. The average humidity of your growing space will decide how frequently you need to mist. Remember you are shooting for moist but not sopping wet.
- Once the germination time is over you will uncover the growing greens and expose them to light. Closer to the light source is better. If there is not sufficient light the greens will get “leggy,” overly long and prone to falling over.
- Once or twice a day you will need to bottom water your growing microgreens. There are two ways to go about this. In both cases if there is standing water in the bottom tray an hour after watering, you should pour out the excess.
  1. If you are growing only a few trays at a time, place each growing tray with holes into its own bottom 5x5 tray with no holes. Give each tray  $\frac{1}{4}$  to  $\frac{1}{8}$  of a cup of water every time by lifting up the tray with holes and pouring the water into the no holes tray. Gently set the tray with holes back down.

2. If you are growing 8 trays at a time you can keep all of the growing 5x5 trays with holes in the 1020 tray. Lift one of the trays and add 2 cups of water to the bottom tray.
- If you want your greens to stretch and get taller you can flip the tray with no holes over so that it creates a little blackout dome. After 24 hours remove the top tray and place under light.
  - When the greens are a few inches tall they are ready to harvest. You can choose to harvest the whole tray at once or cut off of it for a few days as you add them to meals.

## Planting

Things that are different.

There are a few things that are different in the growing process depending on which variety of seed you are planting. The amount of seeds used and the time they take to grow through the stages will be a little varied. Time to germination and harvest will be affected by the ambient temperature of the room you are growing in. The times listed below assume you are growing in your home with temperatures between 65°F-75°F

- Radish - Cherry Belle (Organic)
  - For each 5x5 growing tray you will use about 1 heaping tsp. of seeds.
  - Germination time will be 24-48 hours
  - Time to harvest will start around 7 days from germination. Radishes should be harvested and eaten before the true leaves have time to get spiky.
- Cabbage - All Seasons (Organic)
  - For each 5x5 growing tray you will use ½ tsp. of seeds.
  - Germination time will be 24-48 hours
  - Time to harvest will start around 10 days from germination.
- Broccoli - Waltham 29 (Organic)
  - For each 5x5 growing tray you will use a scant ½ tsp. of seeds.
  - Germination time will be 24-48 hours
  - Time to harvest will start around 10 days from germination.
- Basic Salad Mix (Organic)
  - For each 5x5 growing tray you will use around ½ tsp. of seeds.
  - Germination time will be 24-48 hours
  - Time to harvest will start around 10 days from germination.

## Cleaning Up

Once you have harvested your trays there are a couple of options to dispose of your used growing mats and roots. Growing mats cannot be reused. If you have a worm bin or compost bin you can toss the whole mat in. They can be placed in municipal green waste bins. They can also be used as living mulch in the garden as any short greens that didn't get harvested will continue to grow if placed outside in the soil.

Wash your empty trays with hot soapy water and allow to air dry. As mentioned above, these trays can also be run through a dishwasher but you need to make sure the heated dry and extra water heating features are turned off. Close contact with heating elements can warp or melt the trays.

For extra sterilization, particularly important if you have seen any signs of mold growth; You can mist the clean, dry trays with a 3% hydrogen peroxide solution and allow to air dry once more. Vinegar or a mild bleach solution can also be used as a dip or spray for sterilization. If using vinegar or bleach you should rinse the trays again before planting. Rinsing is not necessary if using hydrogen peroxide.

## Growing Your Growing

Once you have mastered growing the provided seeds, you can always order more from us. Or if you are ready to expand to new varieties, check out our [Top 10 Microgreens to Grow](#). The measurements given are for 1020 trays but you can easily just divide by 8 to get the proper amount for your 5x5s.

To further your microgreen education be sure to check out all of the resources available in our [Microgreens Guides and Resources](#).

## Glossary of terms

5x5 - This refers to the shallow 5 inch by 5 inch trays. We will always specify with or without holes for each step.

1020 - The farming world refers to the 10 inch by 20 inch growing tray as a “ten twenty.”

Blackout - Using a barrier to deprive a growing plant of light. This causes the stem to stretch and delays photosynthesis.

Bottom Water - The practice of watering plants only from the root zone to avoid wetting leaves and stems to prevent fungal growth.

Cotyledon - This is the first set of embryonic leaves produced by a seed. They are usually heart shaped. True microgreens are eaten at this stage.

Germination - The process of a seed beginning to sprout both roots and leaves.

Heaping - filling a measuring spoon as full as it will hold.

True leaf - These are the second set of leaves that a plant produces as it grows. They will look like tiny versions of the adult leaf. Generally within a week or so of true leaves appearing the cotyledons will yellow and fall off. True leaves can be eaten as well but in some cases can become spiky or bitter.

Scant - filling a measuring spoon to just under the rim.

Stacking - The practice of placing multiple trays of planted microgreen on top of each other to increase seed contact with the growing media and retain moisture.