





























Bootstrap Farmer Ultimate Microgreen Cheatsheet (Printable)







5 X 5	1010	1020
(g)/8	(g)/2	(g)






Key:

Easy 	Medium 	Hard 	Humidity Dome Needed 	Good for smoothies 	Possible second harvest 
Spicy 	Extra Spicy 	Nutritious <u>100</u>	Long grow 	Short grow 	Mold Prone 

Type	Grams per 1020 (g)	Soak?	Stack? Blackout? (d)	Hours to Germination (h)	Days to Harvest (d)
Amaranth  <u>100</u> ! 	15 g	No	Stack 3-4 d Blackout 1-2 d	24 h	12-14 d
Arugula   ! <u>100</u> 	12 g	No	Blackout 2-3 d	24-48 h	6-12 d
Basil  <u>100</u> !  	10 g	No	Blackout 4-7 d	72-96 h	20-25 d
Beets/Swiss Chard  <u>100</u> !  	20-30 g	Yes 4-8 h	Stack 4-5 d	36-48 h	10-14 d
Borage  <u>100</u> ! 	10-15 g	No	Stack 2-3 d Blackout 2-3	48-72	12-16 d
Broccoli   <u>100</u>  	15-20 g	No	Stack 2-3 d No Blackout	24-48 h	7-10 d

Brussel Sprouts   <u>700</u>  	15-20 g	No	Stack 2-3 d No Blackout	24-48 h	7-10 d
Buckwheat    	100 g	Yes 4-8 h	Stack 4-5 d	24 h	8-12 d
Cabbage  <u>700</u>  	15-20 g	No	Stack 2-3 d No Blackout	24-48 h	7-10 d
Carrot    <u>700</u> !  	15-20 g	No	Stack 4-5 d Blackout 2-3 d	168 h	14-20 d
Cauliflower  <u>700</u>  	15-20 g	No	Stack 2-3 d No Blackout	24-48 h	7-10 d
Celery    <u>700</u> !  	15-20 g	No	Blackout 4-5 d	48-72 h	14-20 d
Chervil   <u>700</u>  	15 g	No	Blackout 4-5 d	48-72 h	16-20 d
Chia   <u>700</u>  	10-15 g	No	Blackout 2-3 d	24-48 h	10-12 d
Chrysanthemum (Shungiku)    <u>700</u> !  	15 g	No	Humidity Dome 3-4 Blackout 2-3 d	48-72 h	14-20 d
Cilantro   <u>700</u> !  	30-40 g/ whole 30 g split	Yes 2-4 h	Stack 7-9 d	36 h	15-20 d
Clover  <u>700</u> 	15-20 g	No	Stack 2-3 d	24-48 h	6-12 d
Collards  <u>700</u> 	15-20 g	No	Stack 2-3 d	24-48 h	6-10 d
Corn   <u>700</u> ! 	225-275 g	Yes 2-4 h	Stack 3-4 d Blackout 3-5 d *Stays in blackout until harvest	24-48 h	6-10 d

Cress     <u>700</u> ! 	20 g	No	Blackout 3-5 d	24-36 h	8-12 d
Endive    <u>700</u> 	15-20 g	No	Blackout 3-5 d	24-36 h	8-12 d
Dill   <u>700</u> 	15-20 g	No	Stack 7-9 d	48-60 h	15-25 d
Fava-Bean    <u>700</u> 	225-250 g	Yes 4-6 h	Stack 4-5 d Blackout 2-3 d	24-48 h	12-16 d
Fennel    ! <u>700</u> 	20-30 g	No	Stack 3-4 d Blackout 2-3 d	24-48 h	16-20 d
Fenugreek     <u>700</u> 	15 g	No	Stack 3-4 d	48-72 h	12-14 d
Kale  <u>700</u>  	15-20g	No	Stack 2-4 days No Blackout	48-72 h	8-12 d
Lettuce  <u>700</u>  	15-20 g	No	Stack 2-3 d No Blackout	24-36 h	8-12 d
Marigold    <u>700</u> ! 	15-20 g	No	Blackout 3-4 d	48-72 h	15-20 d
Mustard    <u>700</u> 	10-15g	No	Stack 2-3 d No Blackout	36-72 h	10-17 d
Nasturtium     <u>700</u> !  	90-220 g Density varies based on intended size.	Yes 8-12 h	Stack 7-9 d	36-54 h	15-20 d
Onion/chives/Leeks       	40-50 g	No	Stack 3-4 d Humidity dome additional 2-3 d	24-36 h	15-20 d
Orach    <u>700</u> ! 	40-50 g	Yes 6-8 h	Stack 3-5 d	36-48 h	12-16 d

Oregano 	15-20 g	No	Blackout 4-5 d	36-48 h	16-20 d
Parsley 	15-20 g	No	Blackout 4-5 d	48-72 h	16-22 d
Peas 	200-275 g	Yes 6-12 hours Pre-sprout 12-24 hours in mesh.	Stack 2-3 d Blackout 1-3 d	8-36 h	8-12 d
Purple Kohlrabi 	15-20 g	No	Stack 2-3 d	36-48 h	8-12 d
Radish 	30-35 g	No	Stack 2-3 d No Blackout	24-28 h	7-10 d
Sage 	15-20 g	No	Stack 2-3 d Blackout 1-2 d	48-72 h	16-24 d
Shiso (Perilla) 	12 g	No	Stack 2-3 d Blackout 4-5 d	72-96 h	18-24 d
Sorrel 	3 g	No	Blackout 4-5 d Humidity dome 2-3 d	24-36 h	17-28 d
Sunflowers 	250 g	Yes 6-12 hours Pre-sprout 12-24 hours in mesh.	Stack 2-3 d Blackout 2-3 d	24-36 h	9-12
Water Pepper 	15-20 g	No	Stack 4-5 d Humidity dome 2-3 d	24-36 h	10-20
Wheatgrass 	450 g	Yes 4-8 h Pre-sprout 12-24 h in mesh.	Blackout 2 d	36-48 h	8-10 d

*Adjust your densities (lower density) when growing out varieties to true leaf.

**Some seeds vary in weight and size depending on the species. Sizes can also vary depending on seed lot. Adjust accordingly.