


















## 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 	30 g	No	Stack 3-4 d Blackout 1-2 d	24 h	12-14 d
Arugula 	15-20 g	No	Blackout 2-3 d	24-48 h	6-12 d
Basil 	15-20 g	No	Blackout 4-7 d	72-96 h	20-25 d
Beets/Swiss Chard 	40-50 g	Yes 4-8 h	Stack 4-5 d	36-48 h	10-14 d
Borage 	10-15 g	No	Stack 2-3 d Blackout 2-3	48-72	12-16 d
Broccoli 	15-20 g	No	Stack 2-3 d No Blackout	24-48 h	7-10 d

Brussel Sprouts 	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 	15-20 g	No	Stack 2-3 d No Blackout	24-48 h	7-10 d
Carrot 	15-20 g	No	Stack 4-5 d Blackout 2-3 d	168 h	14-20 d
Cauliflower 	15-20 g	No	Stack 2-3 d No Blackout	24-48 h	7-10 d
Celery 	15-20 g	No	Blackout 4-5 d	48-72 h	14-20 d
Chervil 	30 g	No	Blackout 4-5 d	48-72 h	16-20 d
Chia 	10-15 g	No	Blackout 2-3 d	24-48 h	10-12 d
Chrysanthemum (Shungiku) 	15 g	No	Blackout 3-4 d	48-72 h	14-20 d
Cilantro 	40-50 g	Yes 2-4 h	Stack 7-9 d	36 h	15-20 d
Clover 	15-20 g	No	Stack 2-3 d	24-48 h	6-12 d
Collards 	15-20 g	No	Stack 2-3 d	24-48 h	6-10 d
Corn 	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 	30 g	No	Blackout 3-5 d	24-36 h	8-12 d
Endive 	15-20 g	No	Blackout 3-5 d	24-36 h	8-12 d
Dill 	30 g	No	Stack 7-9 d	48-60 h	15-25 d
Fava-Bean 	225-250 g	Yes 4-6 h	Stack 4-5 d Blackout 2-3 d	24-48 h	12-16 d
Fennel 	30 g	No	Stack 3-4 d Blackout 2-3 d	24-48 h	16-20 d
Fenugreek 	15 g	No	Stack 3-4 d	48-72 h	12-14 d
Kale 	15-20g	No	Stack 2-4 days No Blackout	48-72 h	8-12 d
Lettuce 	15-20 g	No	Stack 2-3 d No Blackout	24-36 h	8-12 d
Marigold 	15-20 g	No	Blackout 3-4 d	48-72 h	15-20 d
Mustard 	10-15g	No	Stack 2-3 d No Blackout	36-72 h	10-17 d
Nasturtium 	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 	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) 	15-20 g	No	Stack 2-3 d Blackout 4-5 d	72-96 h	18-24 d
Sorrel 	30 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	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