



Growing Microgreens at Home

Microgreens are easiest to grow in a shallow tray with some soil, and are harvested when the first green leaves have developed. You can grow virtually any kind of vegetable or herb seed – sunflower seeds are a fun and crunchy microgreen, and you can also experiment with the flavors of radish or mustard and the different colors of beets. Once the first leaves have developed on the microgreens, simply cut them above the root and eat them stacked on a sandwich, sprinkled on a salad, rolled into a wrap, or just hand to mouth!

To make microgreens, you'll need:

- Seeds
- A small, shallow tray (a clear, recycled pint-size to-go box with a top works great, or a reusable small plastic food tray).
- A large handful of potting soil (or soil from your garden)
- a spray bottle filled with water

Method:

- 1) Fill the shallow tray with 1-2" of damp soil
- 2) Sprinkle seeds on top of soil evenly and sparsely, allowing a little bit of room between seeds.
- 3) Spray the seeds until they are moist. You will need to spray them enough times during the day to keep them moist (typically 2-3 times a day). If your container is clear and has cover with lid, you can poke a few holes in that and close it up between sprays to keep things moist.
- 4) Microgreens are ready to harvest when they are 2 – 4 inches tall (this can take 1-3 weeks, depending on the seed type and the climate they are in)
- 5) Harvest with a scissors, cutting them just above the soil. Eat them up immediately, or store them in a closed container in the refrigerator for a week.
- 6)

How do YOU like to eat your microgreens? Share a recipe with Sierra Harvest on our Facebook page, or send it to info@sierraharvest.org by May 15th and we'll enter you in drawing to win a \$25 gift card from the BriarPatch Food Co-op!