

“Micro leaves are usually eaten fresh and raw, and the fresher the leaves are, the more vitamins and minerals they contain. Each little leaf is a gold mine of vitamins, antioxidants and minerals such as iron, folic acid and potassium.” (Gardeners World)



Step-by-Step Instructions for Growing Microgreens

1. **Decide what to grow.** Here are some options: amaranth, basil, beet, broccoli, buckwheat, cabbage, chard, cilantro, collard, corn, fennel, kale, kohlrabi, mustard, nasturtium, pea, radish, sunflower. **You have lettuce!**
2. You have “Little Gem Lettuce” microgreen seeds. **You can purchase additional microgreen seeds at Rural King or online.**
3. **Find containers.** You have a container provided to you, but any shallow container will do, even recycled ones, such as foil pie plates and take-out containers. Just be sure they’re clean. You can either poke holes in the bottom and place them on a watertight tray, or plan to water very carefully.



4. **Add the soil.** The best option is a sterile, peat- or coir-based seed-starting mix. Spread a 1” deep layer of pre-moistened planting mix in each container.

5. **Sow your seeds.** Scatter seeds evenly over the planting mix. This is when it's ok to plant seeds closely.

6. **Cover seeds.** Spread a thin layer of planting mix over seeds and press lightly to ensure good contact between the mix and the seeds. Misting with water will also help to settle the planting mix around the seeds.

7. **Place containers in a warm, bright spot.** A sunny window is ideal.

8. **Keep the planting mix moist.** If your containers have drainage holes, you can bottom-water by adding water to the tray underneath and letting the planting mix soak up the water. Drain any excess water from the tray. Or you can use a spray bottle to water from above, taking care to thoroughly moisten the soil without over-saturating it — especially important if your containers don't have drainage holes.

9. **Observe daily.** Check soil moisture and water as needed. Most seeds will germinate in a few days to a week. Look for the tiny, red beet stems and



beefy sunflower shoots. Once they're up they'll grow quickly. Rotate the containers every day or two so the stems grow straight.



Sunflower microgreens

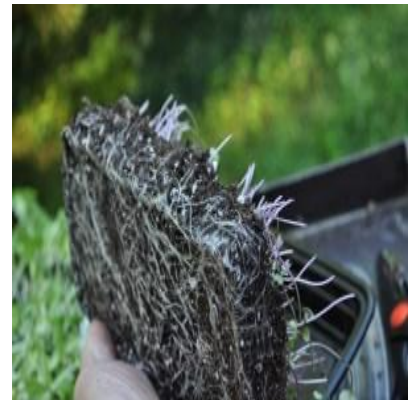


Kale microgreens



Lettuce microgreens

10. **Harvest your microgreens.** Plan to harvest when the plants are 2" to 3" tall, or when they've developed one or two sets of true leaves. Use scissors to cut the stems just above the soil. Have the children try their microgreens. Capture their responses.



11. **Start a fresh batch!** Toss the used soil from your first batch into the compost. For best results, start each new batch with a fresh planting mix, but make sure to make observations every step of the way!

