What are microgreens?

Microgreens are the seedlings of edible vegetables and herbs that are usually between 1-3 inches tall, with only their first pair of true leaves harvested and eaten. From seed to harvest is only 1-2 weeks.

Microgreens are **not** sprouts, which are germinated seeds that lack true leaves.
Microgreens are **not** baby greens, which have fully formed leaves.

What seeds make good microgreens?

Amaranth	Broccoli	Cilantro	Lettuce	Spinach
Arugula	Cabbage	Dill	Peas	Sunflower
Basil	Cauliflower	Fennel	Radicchio	Swiss Chard
Beet	Chicory	Kohlrabi	Radish	Watercress

Not all seeds are suitable for microgreens. Do not eat shoots from tomato, eggplant, pepper or potato as these are from the nightshade family, which can be toxic. Do not use seeds that have been treated with a fungicide; these seeds often have a pink coating.

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Small + Mighty

A study by the University of Maryland showed that microgreens had up to 40 times higher concentrations of vitamins and carotenoids than their mature plant counterparts.

Microgreens

EASY PEAS-Y DIY

Sow

Fill a shallow container with 1-2 inches of potting soil, seed starting mix or coconut coir.

Use a spray bottle to thoroughly wet the soil.

Generously sprinkle seeds over top of soil and spray more water.

Grow

Place the container in a sunny window.

Spray a few times each day.

Harvest

Harvest at 1-3 inches tall using clean scissors, cutting just above the soil.

Use immediately or store in the refrigerator for 2-5 days.

Repeat

Continue regular harvest until all seads are exhausted.

Dispose of soil and start a new crop.

GREEN THUMB HACKS

- Repurpose a take-out container.
- Can't spray water throughout the day? Cover with a lid until the majority of seeds have sprouted.
- Use undercounter lighting if sunny windows aren't available.
- No need for fertilizer since the crop time is so short.
- Sow one crop at a time or create a custom mix by using more than one type of seed.

Watch + Learn

More than a garnish

Use microgreens in smoothies, salads, or as a topping on sandwiches, avocado toast, pizza, pasta and tacos.