



HOW TO GROW MICROGREENS FROM SEED

Microgreens are tiny, nutrient-dense seedlings that are easy to grow indoors with just a few basic supplies. This guide breaks down everything you need to know to get started!

What Are Microgreens?

Microgreens are young plants harvested shortly after germination, usually just after the first (cotyledon) or second (true) leaves appear. They're grown densely in trays and are known for their fresh flavor, vibrant colors, and high nutritional value. You'll often see them topping dishes at restaurants or tossed into salads and smoothies at home.

What Seeds Can Be Used?

Here's the best part: microgreens can be grown from a wide variety of seeds. There's nothing inherently special about microgreen seeds, they're just ordinary seeds grown in a specific way.

Popular seed families for microgreens include:

Brassicas: Broccoli, mustard, kale, cabbage
Herbs: Cilantro, basil, dill
Others: Peas, sunflowers, beets, arugula

More adventurous growers even experiment with:

- Cantaloupe melon seeds
- Nasturtium flower seeds
- Chinese mahogany tree seeds

Just be aware: not every seed is suitable. Some (like tomato or eggplant) produce inedible or toxic seedlings. These will usually be clearly labeled on seed packets or websites.

Sprouts vs. Microgreens

Though often confused, sprouts and microgreens are quite different. Sprouts are grown entirely in water and harvested within a few days, you eat the whole thing, including the root. Microgreens are grown in soil or another medium and harvested later, once they've developed leaves. Only the stems and leaves are eaten, and they offer more flavor, texture, and nutrients than sprouts.

Choose Your Growing Medium

Microgreens can be grown in:

Soil – Ideal for beginners; retains moisture well

Hydroponic mats – Clean and mess-free, but often require more frequent watering

Other mediums – Coco coir, jute, or bamboo

Each medium has its pros and cons. Choose based on your setup and how much maintenance you're comfortable with.

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How to Plant Your Microgreens:

1. Prepare your tray - Add about 1 inch of soil or lay down your grow mat in a shallow tray.
2. Sow your seeds densely - Scatter seeds evenly across the surface. No need to bury them.
3. Mist and Cover - Lightly mist the surface with water and cover the tray to create a humid, dark environment for germination (use another tray or a dome lid).
4. Wait for germination - Seeds typically sprout within 2–5 days. Once they do, remove the cover and move the tray to a sunny window or under grow lights.

Watering Tips

Keep your growing medium moist, but not soggy. Water gently from the side or use a spray bottle to avoid disturbing the seedlings. If you're using hydroponic mats, check more frequently as they tend to dry out faster.

MICROGREENS ARE USUALLY READY

When to Harvest

Microgreens are usually ready in 7 to 30 days, depending on the variety. It starts with the cotyledon stage (first set of leaves) and then the true leaf stage (second set of leaves). Avoid growing beyond the true leaf stage because flavors may become harsh, and the plant is no longer considered a microgreen.

Harvest & Enjoy

Use clean scissors to snip your microgreens just above the soil line. Rinse gently, pat dry, and use them immediately for the best texture and flavor!

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