MICROGREENS

Microgreens can be grown from most varieties of herb and vegetable seeds. Since microgreens are infant versions of the plant, they are packed full of the same vitamins and minerals as their adult counterpart but in a smaller package. Microgreens are loaded with vitamins C, E, and K, along with beta-carotene (a pre-cursor to vitamin A) which provide many health benefits. Depending on the variety, your microgreens will be ready in 5–12 days!

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1. Fill a tray with soil. For small seeds, fill completely with soil. For large seeds, fill tray half to three-quarters full.

2. Tamp soil with the flat of your hand. Make sure soil surface is even all around.

3. Soak soil by dunking tray in water or spritz with water to ensure soil is wet all the way through.

4. Scatter seeds over the soil evenly. Seeds shouldn't overlap, but should be close together and much denser than if you were planting outdoors. (Optional: Soak seeds for six hours to speed germination. Recommended for large seeds. Not necessary for small seeds.)

5. Cover seeds with a damp paper towel and spritz the towel.

6. Place trays of seeded microgreens on top of one another and place last tray on top filled with something to weight it down (stones, a bowl, etc.) The stacking encourages germination.

7. Mist paper towel a few times each day until the seeds have germinated. After misting, make sure to replace weighted tray on top of the seeded tray.

8. Once seeds have germinated, after about three to four days, you will see small leaves pushing up the paper towel and fuzzy roots (don't be alarmed, this is not mold).

9. Remove the weighted tray and carefully peel off the paper towel. Mist the yellow leaves, and place in sunlight or under grow-light. Continue to keep soil moist by dunking tray in water or misting from above.

10. Microgreens are fully grown when the seed sprouts its first true leaves. Harvest by cutting just above the soil line. Stems and leaves may be enjoyed. Rinse harvested greens and eat as a snack, add to salads, smoothies, or use as a garnish to almost any dish. Most varieties of microgreens can only be harvested once.

To reuse the trays, dump the used soil and seeds into your compost, wash the tray thoroughly, and rinse with a very dilute chlorine bleach solution.