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Let's grow **MICROGREENS!**



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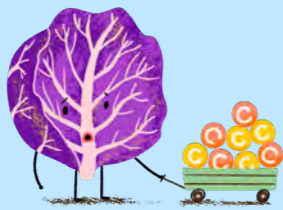
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# WHAT ARE MICROGREENS AND WHAT DO THEY LOOK LIKE?

Microgreens are the young seedlings of different types of vegetables and herbs. We also call them shoots. Even though they are small and delicate, microgreens contain many more vitamins than fully grown vegetables.



Red cabbage



Red cabbage shoots



vitamin C

1 First the seed germinates.

2 Then it grows into a seedling that you can harvest and eat.

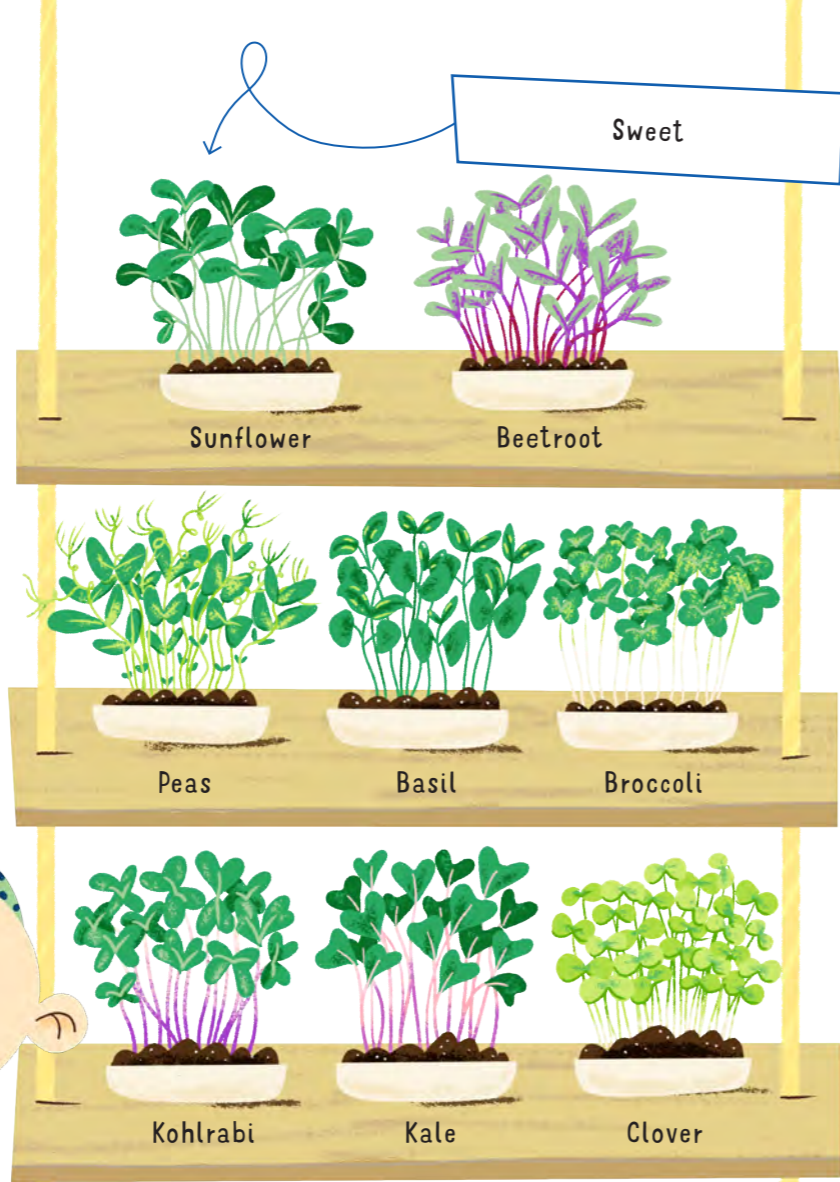


3 If you don't harvest the seedling and leave it to grow, it will become a grown-up plant with flowers and fruits.

4 The flowers or fruits contain new seeds which can be planted to grow new seedlings. And so it goes, over and over again...

# WHAT SEEDS SHOULD YOU CHOOSE?

Most vegetable and herb seeds can be used for growing microgreens, but not all of them are nice to eat. Some microgreens taste sweet, some have a nutty flavour, and others can be a little peppery.

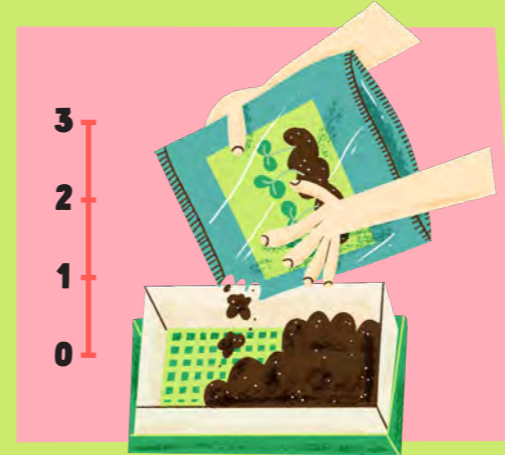


# HOW DO YOU GROW MICROGREENS?

**1** Prepare the seeds. If you choose pea, sunflower or beetroot seeds, put them in a container with water (each type separately - don't mix them up) and let them soak overnight. Other kinds of microgreens don't need soaking.



**2** Fill your container with a layer of soil up to 3 cm.



If you're using a fibre substrate, read the instructions on the packet. Some types of fibre need to be pre-soaked, while others just need to be cut to the shape of the container.

**3** Water your growing medium. The medium you are using should be wet but not waterlogged. Seeds don't do well in a swamp. Gently press the soil down with your hand or something flat, so it's nice and level, without any bumps.



**4** If you've soaked the seeds overnight, drain the water and rinse them under running water.





# WHEN ARE MICROGREENS READY TO HARVEST?

It depends on the type of microgreens and the time of year. In summer, you can harvest kale shoots in just 5 days, but most other microgreens take 7 to 8 days. Basil and coriander take the longest time at 10 to 20 days.

In winter, microgreens grow more slowly and take about a week longer to be ready.



You can harvest most seedlings when they are 5 cm to 8 cm long and have two leaves or their first true leaves.

True leaves are the second set of leaves to arrive and look like the leaf of the adult plant.



# HOW TO HARVEST MICROGREENS?



The easiest way is to use scissors, but watch out for your fingers! Cut the stems a little higher than the substrate, so that bits of soil or fibre don't get into your food.



If you don't want to eat the harvested microgreens straight away, put them in an airtight container and keep them in the fridge. They'll stay fresh for a few days. Bear in mind it's not possible to store basil or garden cress.



Once they've been rinsed, it's best to eat the freshly harvested shoots straight away. That way you get the most nutrients.



If you find any mould on the shoots, you should not eat them.

Where possible, dispose of the left-over substrate with the microgreen roots on your compost heap or with your bio-waste.

# TIPS FOR GROWING DIFFERENT MICROGREENS

## KALE

Kale is an easy microgreen to grow and is an excellent winter vegetable.



## BASIL

Basil likes heat and doesn't like it when the temperature changes. Eat basil immediately after you harvest it, as it will turn black in the fridge.

## RADISH

Radishes grow quickly and don't mind the cold. You should harvest the shoots before the first true leaves appear.



good for beginners

## KOHLRABI

The stems of red kohlrabi shoots have a beautiful purple colour that nicely decorates any dish.



## PEAS

Pea shoots like cooler weather. Keep them in the shade in summer. Remove the weight from the container lid only when sprouting seeds start to push it up.

## BROCCOLI

Harvest the shoots before the first true leaves appear. If you wait too long, the stems will be a bit tough.

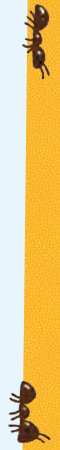
## CLOVER

Clover grows better in a fibre substrate than in soil. Harvest the shoots before the true leaves appear, as they can taste bitter later.

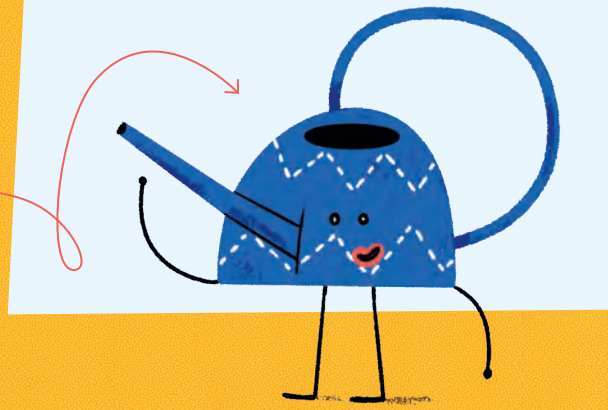





Did you know that you can eat the baby seedlings of many different vegetables and herbs? They are super healthy, delicious, and really easy to grow. This book explains everything you need to know about growing microgreens from start to finish. So, whether you're the youngest gardener or an old hand, it has a wealth of tips and tricks to get you growing your own crunchy snacks in no time.



This book will grow with you.



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