

Microgreens

Fun Facts
How To Grow



Sprouts Vs Microgreens

Sprouts

- – Sprouts are germinated in water and rinsed approximately twice per day
- – Both the seed and the seedling is consumed
- – Harvested within 4-6 days
- – Types of sprouts: green leaf, mung bean, lentil, alfalfa, radish, sunflower, pumpkin, wheat, chickpea, broccoli

Microgreens

- – Germinate in water, water one time each day
- – Consume edible leaves and stem in the cotyledon growth stage (when the first two to four leaves appear)
- – Harvested within approximately 1-2 weeks
- – Eat the stem and green only, not the seed, chop off at soil level
- – Gets added nutrients from soil, experiences more photosynthesis

USDA Nutrition

	Calcium (mg)	Potassium (mg)	Magnesium (mg)	Vit E (mg)	Vit C (mg)	Vit A (IU)	Vit K (ug)	Folate (ug)
Kale	24	79	8	0.3	19	1598	113	23
Spinach	30	167	24	0.6	8	2813	145	58
Swiss Chard	18	136	29	0.7	11	2202	299	5
Romaine	16	116	7	0.1	2	4094	48	64
Collards	84	77	10	0.8	12	1807	157	46
Arugula	32	74	9	0.1	3	475	22	19
Iceberg	13	102	5	0.1	2	361	17	21

What was that, Swiss Chard?

- Swiss chard, with its bright and colorful stems, is one of the most eye-catching greens in the farmers' market
- it has many common names, such as silver beet, perpetual spinach, beet spinach, seakale beet, or leaf beet.



What You Need

- Seeds, you have many choices
- Two grow containers of the same size
- Potting soil or some type of dirt
- Water
- Rocks
- Light

How To Grow Microgreens

1. Soak seeds 8 hours or overnight
2. Drill small holes in two containers
3. Add dirt, tamp it down, and water to make it damp
4. Evenly add 2 tablespoons to 1/3 cup of seeds
5. Cover with second container/w rocks
6. Water daily until plants emerge, 2-3 days, uncover
7. Provide 16 hours of light for best results
8. Trim and eat after 7 to 10 days















Buying Seeds



Radish Sprouting Seed - Red Arrow Variety - 1 Lb Seed Pouch - Heirloom Radish Sprouts - Non-GMO Sprouting and Microgreens

[Visit the Mountain Valley Seed Company Store](#)

★★★★★ 300 ratings

Price: **\$12.46** ✓prime FREE One-Day & FREE Returns

Get a \$100 Gift Card: Pay **\$0.00** ~~\$12.46~~ upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

Size: 1 lb

1 lb
\$12.46
✓prime

4 Oz Pouch
\$12.91

5 Lb Bag
\$34.48
✓prime



Sunflower Sprouting Seed, Non GMO - 16 oz - Country Creek Acre Brand - Sunflower Seed for Sprouts, Garden Planting, Cooking, Soup, Emergency Food Storage, Gardening, Juicing, Cover Crop

Brand: [Country Creek Seeds](#)

★★★★★ 347 ratings

Amazon's Choice in Flower Plants & Seeds by Country Creek Seeds

Price: **\$14.99** ✓prime FREE One-Day & FREE Returns

Get a \$100 Gift Card: Pay **\$0.00** ~~\$14.99~~ upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

Expected Blooming Period Year Round

Blooming Period

Brand Country Creek Seeds

Expected Planting Period Year Round

Planting Period

Growth Time Lapse



Discussion