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 it's bright and colorful stems, is one of the most eyecatching 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







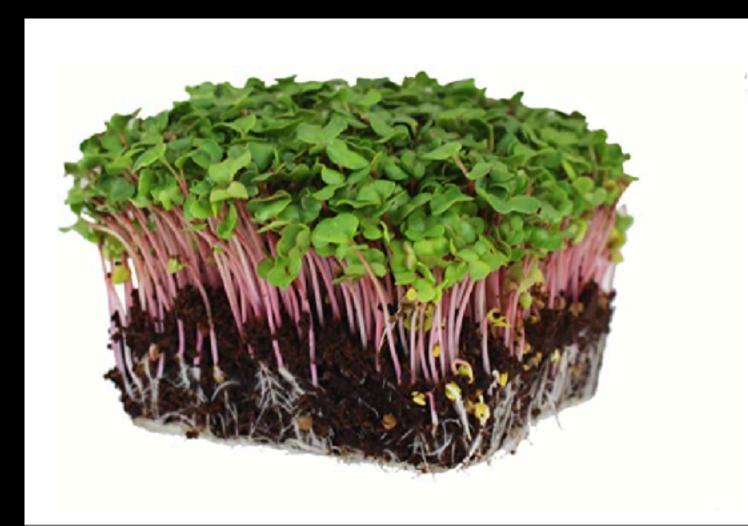








Buying Seeds



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 \rightarrow Prime FREE One-Day & FREE Returns

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Size: 1 lb

1 lb \$12.46 √prime

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Expected

Year Round

Blooming Period

Brand Country Creek Seeds

Expected
Planting Period

ed Year Round

Growth Time Lapse



Discussion