

# Growing Microgreens

Gardening is a great family activity but with today's hectic schedules it's hard to find time for a garden. Growing microgreens is a fast and tasty way to grow veggies with the entire family

The term "microgreen" defines small leafy vegetables harvested just as true leaves begin to form; usually while they are between one to three inches tall. Microgreens differ from sprouts as they are grown in soil and only the above ground plant parts are consumed. Use microgreens as garnishes, in sandwiches, wraps or salads or in smoothies for an extra serving of vegetables.

Avoid growing in garden soil, manure or compost which may harbor bacteria. Use seeds labeled for microgreens or marked "untreated" (some seeds are pre-treated with fungicides). Wash recycled containers with soap and water.

## Supplies You Will Need:

- Potting soil
- Microgreen Seeds
- Shallow container with clear lid & drainage holes
- Adjustable grow light / Sunny window
- Clean scissors for harvesting
- Clean spray bottle

Moisten potting soil prior to filling containers.

Make sure your container has drainage holes. Fill shallow trays (1 -2" deep) with moist potting soil.

Sow seeds thickly over the surface and gently press into the soil for good contact. Larger seeds can be lightly covered with potting soil.

After sowing seeds, keep them moist. Misting them with a spray bottle should be sufficient. You can also cover the tray with clear plastic covers or plastic wrap to create a warm, moist environment like a mini-greenhouse. Once the seeds have germinated remove the cover.

Place the trays under a grow light or adjustable light source. You don't need fancy grow lights, a simple fluorescent light bulb will suffice. Keep the light around 4" above the new sprouts to guard against leggy seedlings. And if you don't have a light, you can also place your tray in a sunny window.

Once cotyledons (seed leaves) have full developed or the first true leaves begin to emerge, snip plants just above the soil line with clean scissors when greens reach desired size. Store in a clean plastic bag in the refrigerator. Wait to wash them until you are ready use them.

After harvest, refill containers with fresh potting soil and sow new seeds.

Seeds	Days to Harvest	Flavor
Basil	16-25	Strong Basil
Beet	10-21	Earthy
Broccoli	8-10	Mild Broccoli
Kale	10-15	Mild, Earthy
Nasturtium	14-16	Spicy
Radish	6-10	Peppery
Sunflower	8-12	Nutty
Pea, Green	10-15	Sweet

*Adapted from:* Growing Microgreens by Amy Dabbs, School and Community Gardening Coordinator, Clemson Extension (<https://hgic.clemson.edu/growing-microgreens/>)

A Step-By-Step Guide for Growing Microgreens at Home, Penn State Extension (<https://extension.psu.edu/a-step-by-step-guide-for-growing-microgreens-at-home>)

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