



Welcome Indoor Farming!

Watching seeds sprout and grow into microgreens in just a few days is fun and educational. Microgreens are very nutritious and add flavor to salads, sandwiches, soups and eggs.

How to Harvest:

- When microgreens are tall enough to cut, use the scissors and snip the greens just above the soil line.
- To serve, wash the microgreens with water and dry with paper towels or a salad spinner.
- For freshest flavor eat today. They can be added to soups, salads, sandwiches, eggs and main dishes.
- Store remaining cut microgreens in a plastic bag in your refrigerator. They typically last 5-8 days when refrigerated.



What are Microgreens?

Microgreens are tiny edible greens grown from familiar vegetable and herb seeds.

Microgreens are the second youngest stage of the plants life after sprouts.

Microgreens Grow Fast!

Most microgreens are ready to harvest within 1-2 weeks after seeding.

Microgreens can be Grown Inside?

Yes! Microgreens need soil and water like other plants, but because of their small size they flourish under grow lights.

Microgreens are Nutritious!

Microgreens are a concentrated nutrient source and packed with beneficial enzymes because of their rapid growth.

What Varieties of Microgreens are Grown Here?

Greens:

- Radish
- Kale
- Broccoli
- Arugula
- Tatsoi

Shoots:

- Sunflower Shoots
- Pea Shoots

Herbs:

- Basil
- Dill
- Cilantro
- Borage

FAQ:

Q - What are the white feather-looking things at the base of the sprouts?

A - Root hairs - Those tiny white feathers are actually root hairs. They combine with the other seeds to create a mat of roots. It is a sign of health for each plant and is not mold or fungus.

Q - There are some seed casings left on top of the sprouts, how do I remove them?

A - Gently brush them off before harvesting



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