



# GROW YOUR OWN MICROGREENS

## ACTIVITY



**BACKGROUND:** Microgreens are the shoots of salad vegetables. They are a mix between salad and sprouts. Growing microgreens is easy; they can be planted in your homes or classrooms and they make a great activity for students. Microgreens can be grown all year round and can take anywhere from a few days to two or three weeks to grow depending on the plant types you select.

### MATERIALS NEEDED:

- Shallow plastic container with drainage holes (*purchase these at garden centres, or upcycle pre-packaged salad containers, fruit boxes, disposable pie plates, takeout containers, milk cartons, etc.*)
- Larger container/large tray (*to prevent mess*)
- Potting soil
- Seeds\*
- Plastic wrap
- Light/heat (*window sill, grow light*)
- Scissors
- Spray bottle



### INSTRUCTIONS:

1. Fill a container with about 2 in (5 cm) of moistened potting mix soil and press it down gently to create an even surface.
2. Sprinkle seeds evenly over the soil and gently press them in.
3. Cover the seeds with a fine layer of dry potting soil (~ $\frac{1}{8}$  in or ~ $\frac{1}{3}$  cm).
4. Put the container on a large tray to prevent a mess. Gently spray water over the newly planted seeds.
5. Cover the container with plastic wrap and place it in a warm sunny location. The greens will need at least 4 hours of direct sunlight per day to thrive.
6. Use a mister to keep soil moist. Spray 1 or 2 times per day until sprouts appear (3 to 7 days).
7. When the sprouts emerge, remove the plastic cover and continue to moisten them 1 to 2 times per day.
8. The micro-greens are most nutrient rich when the first leaf (the *cotyledon*, or seed leaf) has fully developed. Harvest your greens by cutting them with scissors at the base of the stem.
9. Clean the greens with water and gently dry them.

### \*EXAMPLES OF MICROGREENS TO PLANT:

- Arugula
- Basil or parsley
- Broccoli
- Buckwheat
- Cabbage
- Peas
- Grow grains such as cress, barley grass, oat grass and wheat grass using a few layers of soaked paper towel instead of soil