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## GROW MICROGREENS AT HOME

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### YOU WILL NEED:

- seed raising trays
- seeds (organic, if possible – you might want to try lettuce, coriander, rocket, beetroot, broccoli, spinach, basil, sunflower, daikon radish or mustard greens)
- seed raising mix (see Milkwood recipe)
- wood with a flat edge
- waterspray bottle (or hose)
- hessian (or shade cloth)

### METHOD

1. Fill your empty clean tray with about 2 cm (1 inch) of seed raising mix, make it nice and level (a piece of wood with a flat edge can help level it out).
2. Sprinkle seeds over the soil, about 1 cm (½ inch) apart (thicker is ok too).
3. Spray them with a hose or a spray bottle. (You know it's soaked enough when the shine takes more than 10 seconds to disappear.)
4. Cover with hessian or shade cloth to keep moist. Or even better, stack microgreens trays on top to improve germination.
5. Water every day, check for germination, then re-cover.
6. Once the sprouts form leaves, expose them to sunlight.
7. Water gently every day.
8. Your microgreens should be ready within 1–3 weeks (depending on the type of seed).
9. Harvest only what you need by cutting close to the soil level.
10. Keep watering what's left and harvest as needed. Put them on salads, sandwiches, in soups, stir fries, pasta ... You should get several meals from one small tray. Enjoy!