

A close-up photograph of microgreens growing in dark soil. On the left, there are small, round, light green seedlings. On the right, there are taller, thin, bright green sprouts. A semi-transparent dark rectangle is overlaid in the center, containing the text 'GROWING MICROGREENS' in white, serif, all-caps font.

GROWING MICROGREENS

A close-up photograph of microgreens growing in a tray. The image shows two distinct types of microgreens: one with small, rounded, light green leaves and another with long, thin, bright green blades. They are growing out of dark, rich soil. A semi-transparent dark grey rectangular box is centered over the image, containing the text 'MICROGREENS are the rage!' in a white, serif font. The background is slightly blurred, showing more of the growing area.

MICROGREENS are
the rage!

IMAGINE:

1. It's so easy your 6 year old can do it
2. It only takes a few minutes a day
3. You can start for only \$20 or less
4. You can eat your first harvest in only 14 days
5. You're growing food with up to 40x the nutrients of regular veggies including nutrients extremely important for skin, eyes, and fighting cancer...
6. You don't have to deal with weeds
7. You can grow this all year round - anywhere

IMAGINE:

In fact, the researchers that were studying this said it “**totally knocked me over**” was “**quite astonishing**” and “**when we first got the results we had to rush to double and triple check them**”



DIET & WEIGHT MANAGEMENT



Tiny Microgreens Packed With Nutrients

By [Jennifer Warner](#), Reviewed by [Louise Chang, MD](#) on August 31, 2012

WebMD News Archive

Microgreens Have Up to 40 Times More Vital Nutrients Than Mature Plants

Aug. 31, 2012 -- They may be tiny, but a new study shows trendy microgreens punch well above their [weight](#) when it comes to [nutrition](#).

Researchers found microgreens like red cabbage, cilantro, and radish contain up to 40 times higher levels of vital [nutrients](#) than their mature counterparts.

Microgreens are young seedlings of edible vegetables and herbs harvested less than 14 days after germination. They are usually about 1-3 inches long and come in a rainbow of

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Specialty Greens Pack a Nutritional Punch



Visiting scientist Liping Kou (left) and technician Ellen Turner harvest different types of microgreens for shelf-life studies and nutrient analyses.

(D3085-1)

industry consists of a variety of seed companies and growers.

“Microgreens” is a marketing term used to describe tiny, tender, edible greens that germinate in soil or a soil substitute from the seeds of vegetables and herbs. Smaller than “baby greens,” and harvested later than “sprouts,” microgreens can provide a variety of leaf flavors, such as sweet and spicy. They are also known for their various colors and textures. Among upscale markets, they are now considered a specialty genre of greens that are good for garnishing salads, soups, plates, and sandwiches.

Microgreens began showing up on chefs’ menus as early as the 1980s, in San Francisco, California, according to a local industry source. Today, the U.S. microgreens

A microgreen has a single central stem, which has been cut just above the soil during harvesting—in fact, home gardeners often snip them with scissors. The seedlings are well suited for



the salt

WHAT'S ON YOUR PLATE

EATING AND HEALTH



Introducing Microgreens: Younger, And Maybe More Nutritious, Vegetables

August 30, 2012 · 2:52 PM ET

ELIZA BARCLAY



OVERVIEW:

1. Gathering your materials
2. Seed starting
3. Caring for your microgreens
4. Fertilizer mix
5. Lighting
6. Harvesting!
7. BONUS: Autopilot tray system





1. GATHERING YOUR MATERIALS



YOUR MATERIAL LIST

- What you need
 - Trays
 - Growing medium
 - Seeds
 - Fertilizer
 - Light (optional)



YOUR MATERIAL LIST

- Purchase on your own
- OR
- Get a microgreens growing kit to start
 - 2 trays
 - 1 coconut coir brick
 - 2 seed packets
 - BONUS: fertilizer bottle
 - Instruction sheet

A close-up photograph showing a person's hand sowing seeds into a black rectangular tray filled with dark, moist soil. The hand is positioned over the tray, with fingers slightly spread, releasing small, light-colored seeds. The tray is placed on a light-colored wooden surface. To the left of the tray, a portion of a white plastic seedling tray with green cells is visible. A semi-transparent black banner with white text is overlaid at the bottom of the image.

2. SEED STARTING

STARTING YOUR SEEDS

- Soak your seeds (optional)
 - Cover seeds with water
 - Let soak overnight or 8 hours
 - Sunflower, buckwheat, beet, pea should be soaked
- You do not need to soak your seeds
- It helps for possible faster germination



STARTING YOUR SEEDS

- Soak and spread coconut coir
 - Moist like a wrung out sponge
 - 1/4 to 1/2 inch deep
 - Gently pat down
 - Spread seeds about 10-12 per square inch
 - Helpful to dry them off if soaked beforehand



STARTING YOUR SEEDS

- Do not cover the seeds unless they are large seeds
 - Sunflowers
 - Peas
- Set aside in a warm place to sprout
- Cover the tray with a plastic bag to keep humidity up
- Keep covered until germinated





3. CARING FOR YOUR MICRO GREENS



CARING FOR YOUR MICROGREENS

- Once germinated remove the plastic cover
- Keep your soil moist
 - Mist it with water bottle
 - Dip tray in water
- Place in a place with bright light
 - Window with good sunlight
 - Use a grow light



CARING FOR YOUR MICROGREENS

- Do not let your soil dry out
- Water once or twice a day as needed
- Or set up with our AUTOPILOT tray system!



WHAT ABOUT DISEASE?

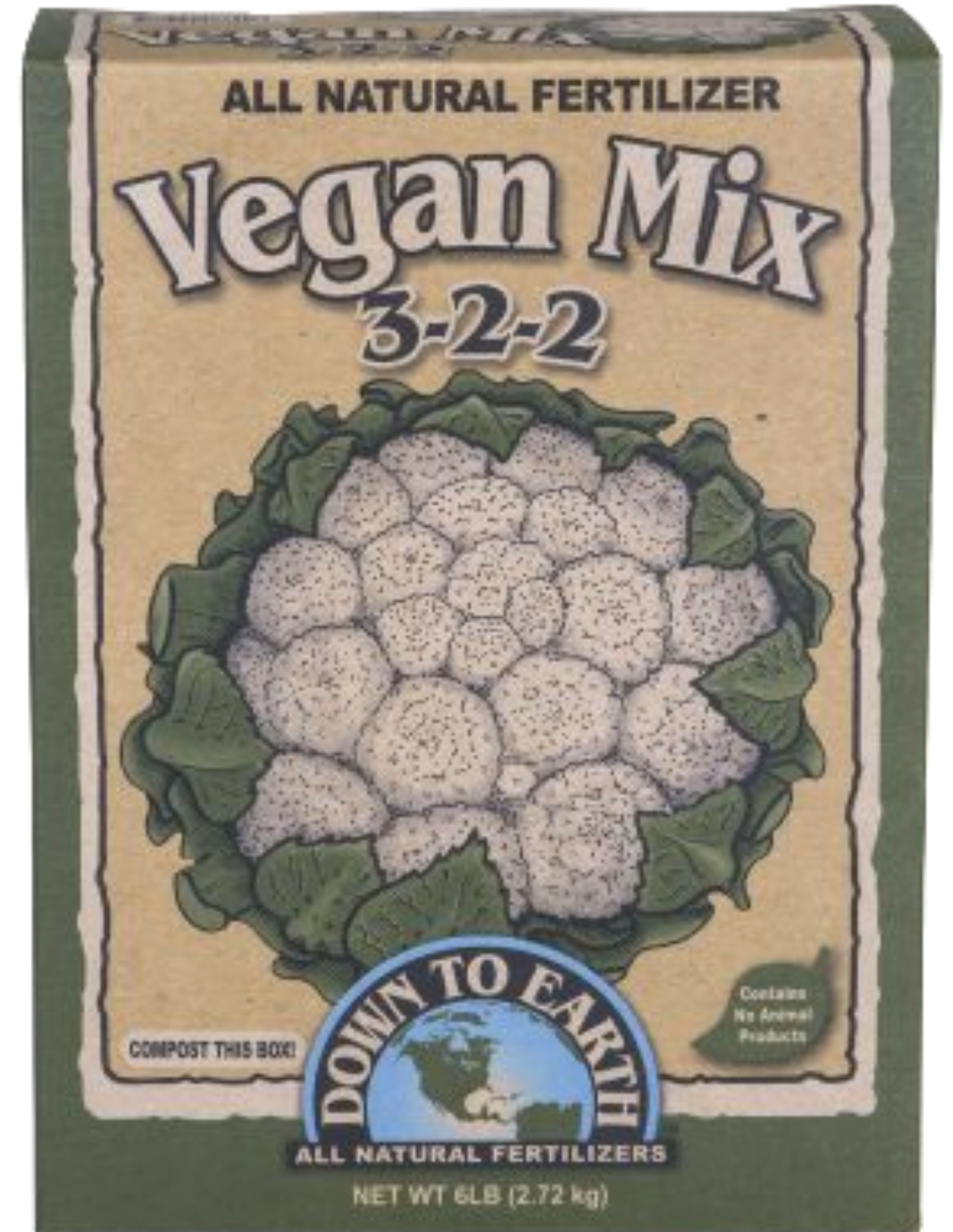
- Mold or fungus problems
- Make sure trays are clean
- Increase air circulation
- Seed less densely
- Grapefruit seed extract mixed with water?

A close-up photograph of numerous small, green seedlings with two leaves each, growing densely in dark brown soil. The background is a soft, out-of-focus green. A black rectangular box is positioned at the bottom of the image, containing white text.

4. FERTILIZER MIX

FERTILIZER MIX

- Mix 1 teaspoon of fertilizer with a quart of water
- Water with fertilizer mix
 - Misting spray bottle
 - Use with AUTOPILOT system
- Use Vegan Mix





5. LIGHTING

LIGHTING

- Grow in partial to full sunlight
- On a sunny window sill
- Use a grow light
 - Very inexpensive at Lowes or Home Depot
 - Keep light 1-2 inches from plants



A close-up photograph of a person's hands holding a large, dense bunch of freshly harvested microgreens. The microgreens have small, vibrant green, oval-shaped leaves and long, thin, white roots. The person's hands are visible, with a grey wristband on the left wrist. The background is blurred, showing what appears to be a wooden table and a person in a white shirt.

6. HARVESTING!



HARVESTING

- Ready to harvest when second set of leaves appear
- Gently hold with fingers and snip just above the coir
- Use sharp scissors or a knife
- Best value: harvest just before eating!



HARVESTING

- Microgreens are great to eat!
 - Salads
 - Sandwiches
 - Juicing
 - Garnish
 - Soup



6. BONUS: AUTOPILOT TRAY SYSTEM

GROWING ON AUTOPILOT

- Use tray without holes for reservoir
- Create platform
 - Use second tray
 - Create from plastic cardboard
- Use polyester cloth
- Paper towel may work



GROWING ON AUTOPILOT

- Wet cloth and coco coir
- Spread and seed the coir
- Keep moist while sprouting
- Set it. Forget it. Come back and harvest 14 days later!





LaRee Colburn

January 16 at 9:00pm

Kids and I started our first microgreens yesterday thanks to Paul's thorough instructions on the website! The close up pictures I took just now and as you can see they are already sprouting. So excited! I don't have a grow light so I hope there will be enough daylight from the window. We planted beets, cabbage, collard, spicy salad mix and amaranth.





LaRee Colburn

January 20

Update 5 days in. They're looking good. The auto pilot system is genius!



Like



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LaRee Colburn

42 mins

Do you think the green ones are ready to harvest?



Like



Comment



Write a comment...



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MICROGREENS KITS



PRO MEMBER

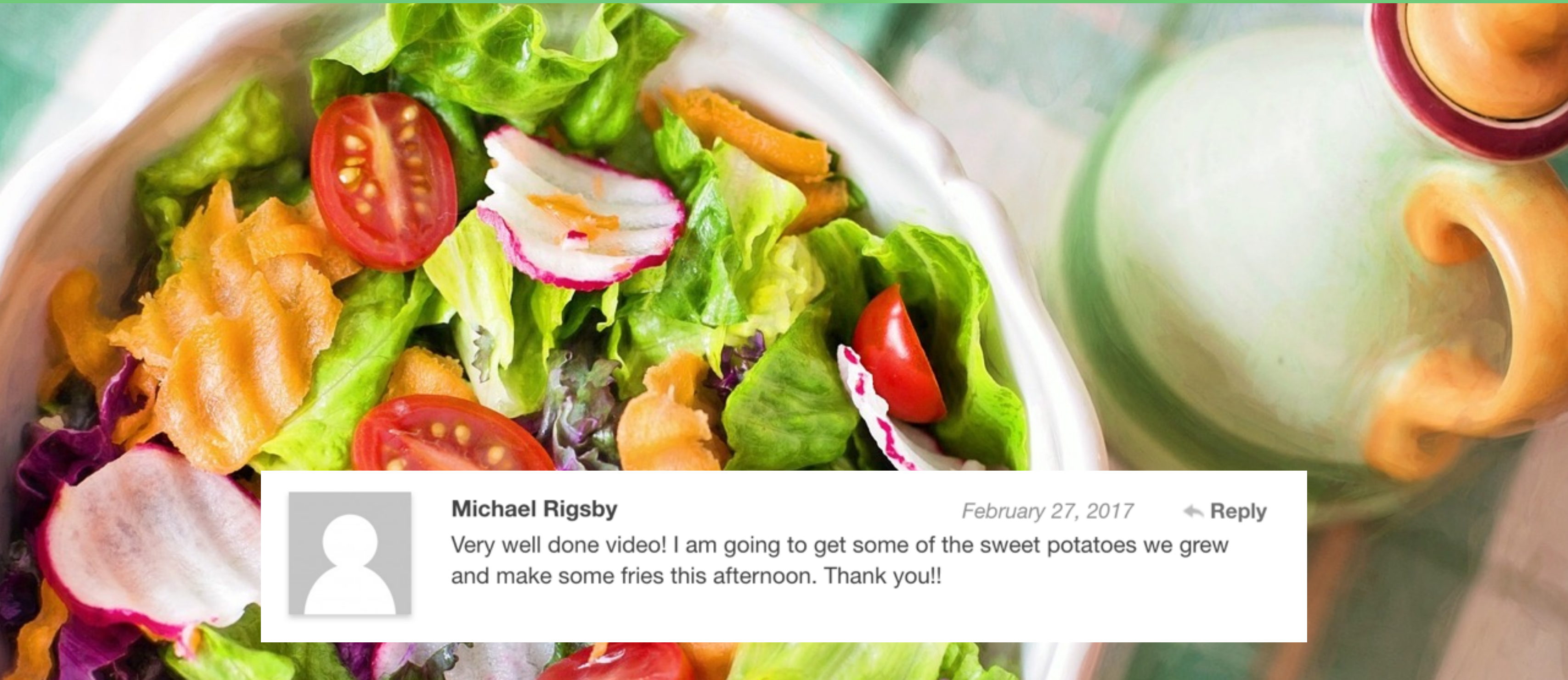


**FINALLY! EVERYTHING YOU NEED TO
GROW ORGANIC FOOD RIGHT IN YOUR
BACKYARD WITHOUT ANY HEADACHES**

MASTER CLASSES



HEALTH SPOTLIGHTS



Michael Rigsby

February 27, 2017

← Reply

Very well done video! I am going to get some of the sweet potatoes we grew and make some fries this afternoon. Thank you!!

LIVE MEETINGS



Amy Pershin

This membership is soooo worth it!



Edwin

Yes Amy! Looking forward to your questions!



PRIVATE FACEBOOK GROUP





Joelle Damsteegt McNulty

July 25 at 6:58pm

So. Much. Produce!! I want to say this season might be the most ever thanks to the new methods I've been using from these garden classes.

[Blurred text, likely a comment or additional post content]



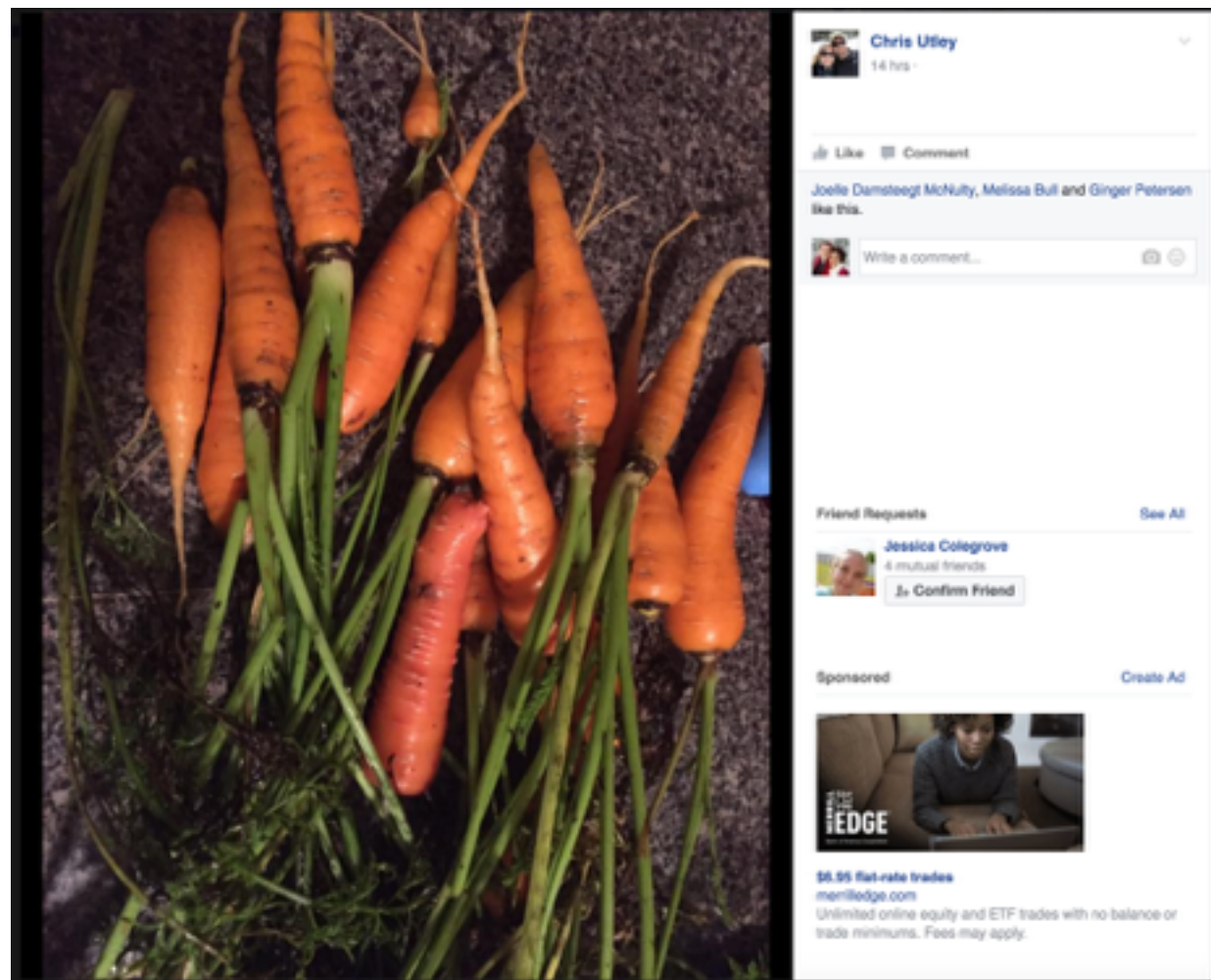


Jan Johnson ▶ **Born to Grow Family**

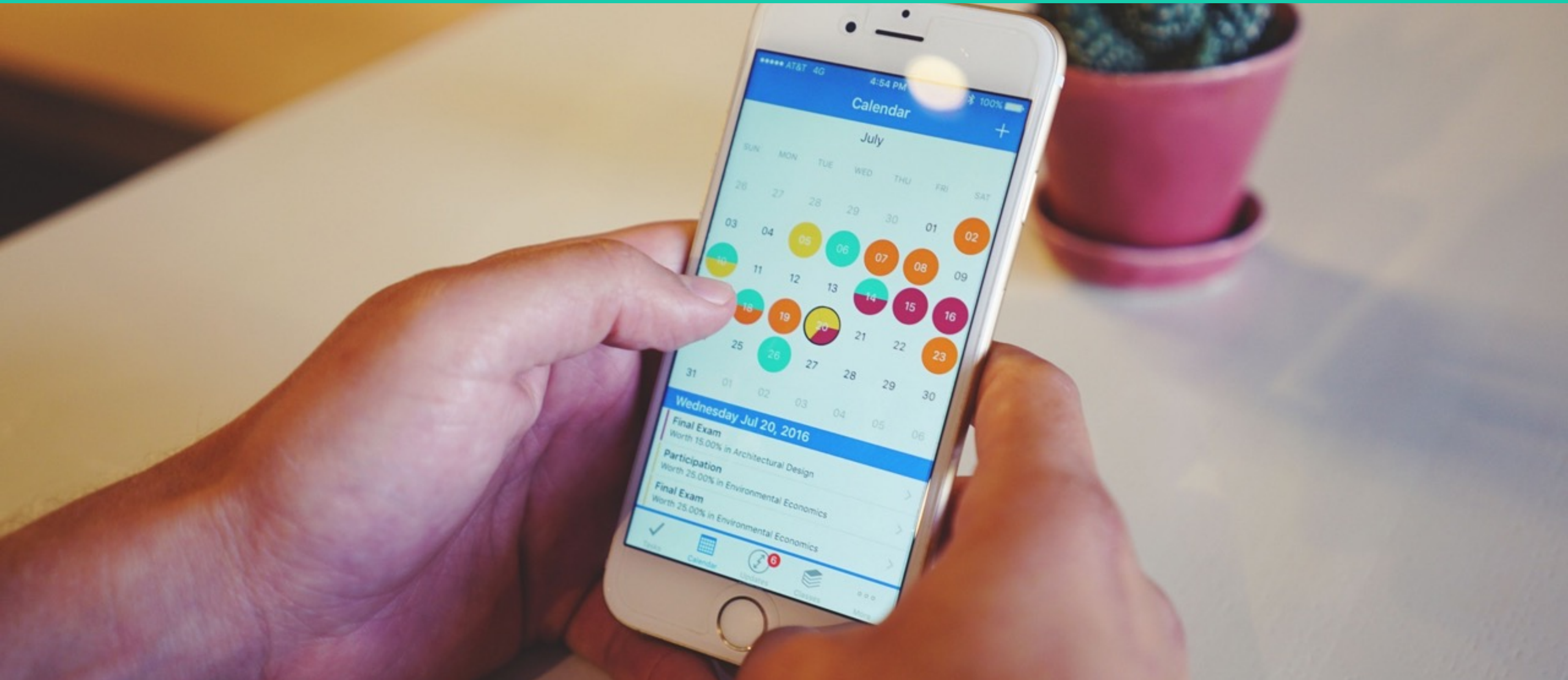
June 1 at 11:11pm · 

I deliberately have a very small garden. Keep that in mind when you see this picture. This is my second batch of green beans and my first inkling of peas. I will be picking lettuce tomorrow. Since I have never grown anything I am really happy.





BONUS: GARDEN MAP CHECKLISTS





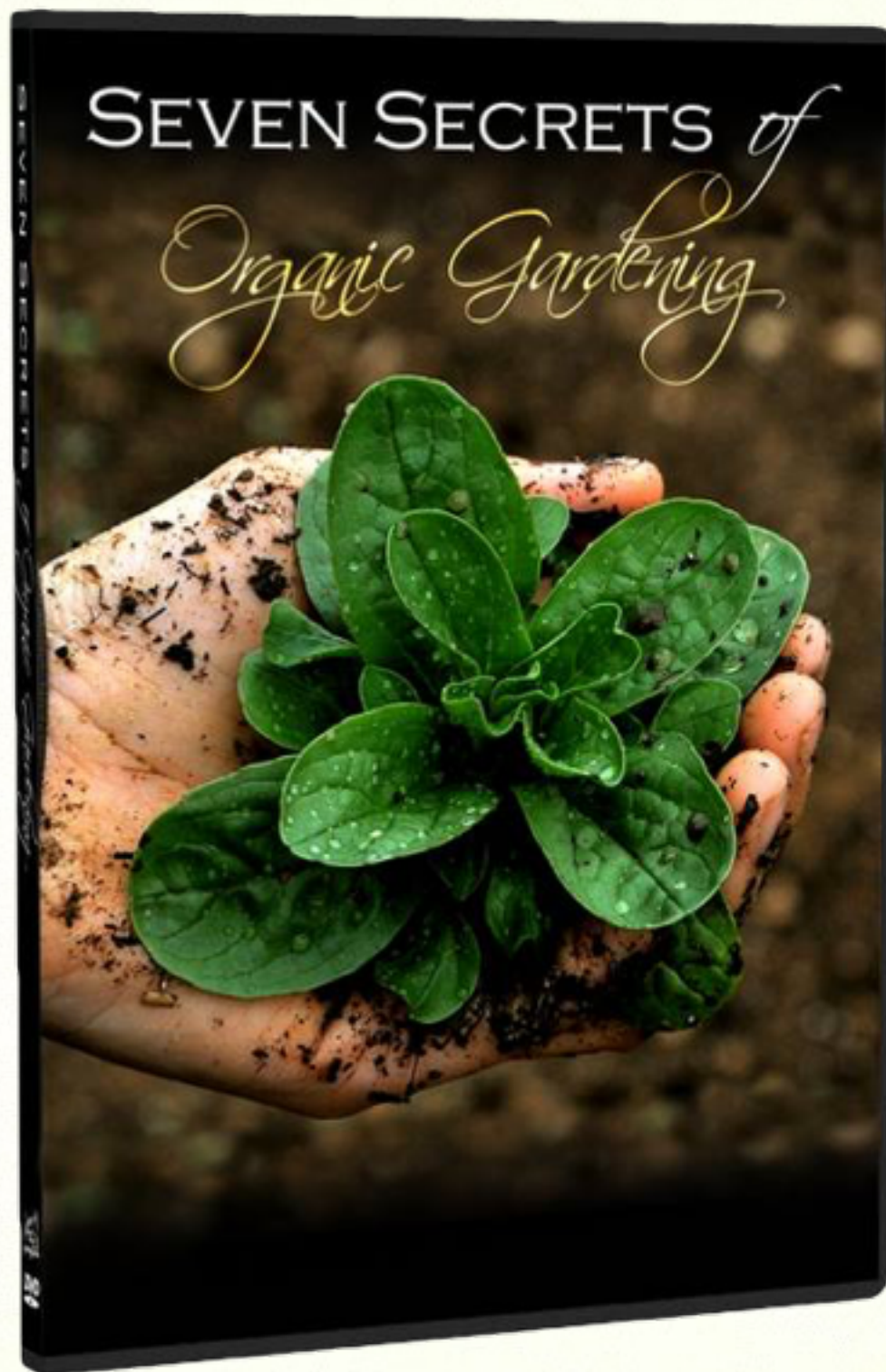
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