

Microgreens Quick Start Guide



Supplies needed:

- Microgreen tray with lid
- Grow light
- Nutrients
- Seeds
- Water
- Paper towel
- Scissors
- Timer

Beginner-friendly varieties:

- **Red Russian Kale:** Mild taste, great in salads and omelets.
- **Broccoli:** Mild, fast-growing, perfect for soups and sandwiches.
- **Red Cabbage:** Colorful and tasty, excellent in pastas.
- **Daikon Radish:** Spicy kick, ideal for sandwiches and pasta.
- **Purple Kohlrabi:** Attractive and delicious in salads.

Step-by-Step Instructions

Step 1: Prepare Nutrient Water

- Mix 1 tsp of nutrient (e.g., MaxiGro) per gallon of water (or follow your nutrient package directions).

Step 2: Set Up Your Grow Light

- Hang your grow light 14"-18" above the microgreen tray.
- Schedule: 12-16 hours of light per day (we recommend 16 hours, e.g., 7 AM – 11 PM). Use a timer for convenience.

Step 3: Prepare the Tray

- Place the mesh tray inside the bottom tray. Add nutrient water until it just reaches the mesh tray's top.
- Cut a paper towel to fit the bottom of the mesh tray to keep seeds from falling through.



Step 4: Sow the Seeds

- Evenly sprinkle seeds over the paper towel, keeping them about a seed-width apart.



Step 5: Germinate

- Cover the tray with the lid to retain moisture. After 2-3 days, once seeds germinate, remove the lid.

Step 6: Growth and Maintenance

- Allow microgreens to grow under lights after germination.
- Water: Minimal for the first week; add nutrient water as they mature, ensuring roots remain touching the water.

How to Harvest

- Microgreens are ready to harvest in 5-14 days when they reach 1-3 inches in height.
- Cut just above the root level with scissors. The roots can stay in the tray.



Cleaning and Reusing Supplies After Harvesting

- Remove debris and rinse trays under hot water with soap.
- To sanitize, choose one: Use dishwasher's sanitize cycle, boil for 3 minutes, soak in a 50/50 vinegar-water mix for 20 minutes, or soak in 1 part hydrogen peroxide to 10 parts water for 20 minutes. Rinse after soaking.

Common Issues

- Wilting: Adjust watering to prevent root rot.
- Legginess: Lower your grow light or raise the tray.
- Slow Growth: Check light schedule and temperature.
- Mold: Ensure proper air circulation and avoid overwatering.



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