

How to grow Microgreens

by Farm to School Kamloops Teachers



Equipment

- Seeds
 - The only seeds I have used have come from Mumm's Sprouting Seeds (<http://sprouting.com/>). They generally provide a 20% discount to schools and their customer service is excellent.
 - It is best to store seeds in dry containers at room temperature
 - Sunflower (black oil seed), pea, broccoli (raab), radish (daikon) and wheatgrass seem to be the easiest to grow.
- Soil
 - I have been using Pro-Mix Grow Mix #1 exclusively for a year now. There are different companies that sell it, but I have not noticed a significant difference between them.
 - It is best to avoid the fine Pro-Mix, as it is almost like sawdust and sticks to the coarser seeds.
 - After growing microgreens once, the soil needs to be composted for about a year before it can be used again because of lack of nutrients and possible pathogen risk.
- Trays
 - Use black growing trays, they are fairly standard and can be found at most garden centers
 - I use a perforated tray inside of a tray without any holes to limit the effects of overwatering.
- Lights
 - You need at least 5000k per light bulb.
 - The best ones for me have been either the Daylight (6500k) or the Natural (5000k) fluorescents by Phillips. The 48" T8's are the easiest to find cheap fixtures for.
 - For the best growing conditions, you should have 2 lights per shelf, and make sure the microgreens all receive equal light, otherwise they will grow crooked and its makes it hard to harvest them

- Shelves
 - Use shelves that are 48" long and 25" wide, so that they are deep enough to fit three trays
 - It is best to avoid using wood because of the possibilities of mold.

Process

- Soaking Seeds
 - Each type of seed has different recommended soaking times that are listed on Mumm's website and on the smaller seed packages.
 - Seeds should be rinsed 3-5 times before beginning to soak them to get rid of any possible pathogens.
 - Amount of seed to soak (per tray):
 - Sunflower - 75-80g
 - Peas - 160g
 - Radish - 40g
 - Broccoli - 35g
 - Wheatgrass - ½-¾ of a cup
 - Beets - 30g (Only grow these if you hate yourself)
- Seeding
 - Fill the trays with soil to the top, it will make it easier to harvest the microgreens
 - Soil needs to be wet, but not saturated
 - Seeds should be distributed evenly on top of the soil
 - They can be pressed down slightly so that they do not shift too much
 - Stack trays on top of each other, use useless textbooks to weigh down the top tray as well
- Stack Phase
 - Trays are stacked for about 72 hours (no light needs to be shone on them). It is generally better to shorten this phase slightly then lengthen it if necessary.
 - When trays are unstacked, they should be sprayed with 200ppm bleach in a spray bottle and watered.
 - Then you put them under lights.
- Light phase
 - This generally lasts 3-5 days depending on the crop
 - Trays should be watered as necessary
- Harvest
 - Easiest way to harvest is to use scissors, strainer and a tea towel.
 - Store the microgreens in ziploc bags in the fridge, they will keep at least a week .

Contact

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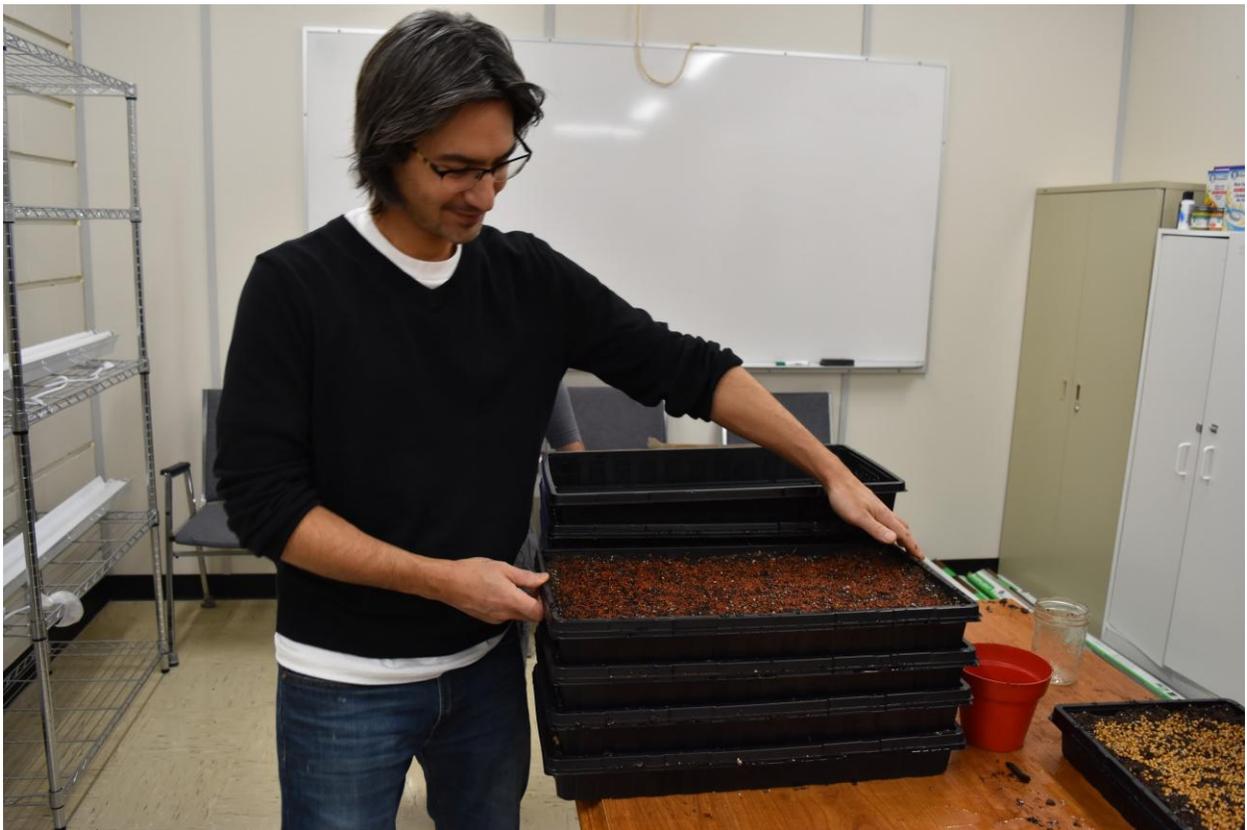
Scott Roberts with his microgreens set up (notice the 2 lights per shelf). Make sure your shelves are wide enough to have light shine on the greens evenly so that they grow straight.



Kamloops teachers spreading the soil in the growing trays. Make sure the trays are filled to the top with soil so that they are easier to harvest. Water the soil after you have filled the tray, then spread the seeds on top.



Kamloops teachers spreading the seeds in the soil trays. You can soak the seeds in a mason jar, and poke holes in the metal lid to drain it. Then, use a spoon to spread the seeds out on the soil.



Kamloops teacher stacking the trays after seeding. Stacking the trays makes the stalks of the plants thicker so there's more of the microgreens to eat!