

ULTIMATE MICROGREEN CHEATSHEET

UNIVERSAL SET-UP:

- Use 10x20 tray, add'l upside-down 10x20 tray as a blackout lid
- Fill tray with ~1.5 inches of potting soil or soilless potting mix, pre-water well
- After sowing, water daily to maintain consistent moisture
- Taste greens daily during the suggested timeframes and decide when to harvest

1

SUNFLOWERS

- ~2/3 cup dry seeds per 10x20 tray
- Soak seeds for 8-12 hours
- Sow in single layer on top of soil
- Blackout for 3 days
- Expose to light for add'l 5-7 days

2

PEAS

- ~2/3 cup dry seeds per 10x20 tray
- Soak seeds for 8-24 hours
- Sow in a single layer
- Cover with thin layer of soil
- Blackout for 3-4 days
- Expose to light for add'l 6-8 days

3

RADISHES

- ~1/4 cup dry seeds per 10x20 tray
- Soak 4-6 hours
- Sow densely in a single layer on top of soil
- Blackout for 1-2 days
- Expose to light for add'l 3-6 days

4

SWEET CORN

- ~2/3 cup dry seeds per 10x20 tray
- Soak seeds for 8-24 hours
- Sow in single layer on top of soil
- BLACK OUT FOR ENTIRE GROW CYCLE
- Harvest after 6-7 days

5

KALE

- ~1/4 cup dry seeds per 10x20 tray
- No soaking necessary
- Sow densely in a single layer on top of soil
- Blackout for 3 days
- Expose to light for add'l 4-6 days

6

BROCCOLI

- ~1/4 cup dry seeds per 10x20 tray
- No soaking necessary
- Sow densely in a single layer on top of soil
- Blackout for 3 days
- Expose to light for add'l 4-6 days

7

KOHLRABI

- ~1/4 cup dry seeds per 10x20 tray
- No soaking necessary
- Sow densely in a single layer on top of soil
- Blackout for 2-3 days
- Expose to light for add'l 4-6 days

8

RED BEETS

- 1/8-1/4 cup dry seeds per 10x20 tray
- Soak 8-12 hours in cold water
- Sow lightly in a single layer
- Cover with a thin layer of soil
- Blackout for 4-5 days
- Expose to light for add'l 6-12 days

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LETTUCE

- ~1/4 cup dry seeds per 10x20 tray
- No soaking necessary
- Sow in a single layer on top of soil
- Blackout for 3 days
- Expose to light for add'l 8-12 days

