

Growing Sprouts & Microgreens

A guide to quick, easy, nutritious indoor greens



There are three common ways to grow kitchen greens and extend your harvest: Sprouts, microgreens, and baby greens.

Sprouts Supplies

Seeds

Container that allows rinsing & draining (*sprouting container or wide mouth jar with sprouting/screen lid*)

Clean work area

Water

Growing Sprouts

A sprout is the first stage of development from a seed.

1. Disinfect: Many packages claim this step is not necessary. Should you choose to disinfect, there are suggested methods available on www.botanicalinterests.com. Soak seeds in (1 t bleach to 1 C hot water) for 15 minutes.
2. Soak seeds in warm water for 6-12 hours. Rinse and drain 2-3 times daily.
3. Regular room temp and light are adequate. Remember to rinse when using the jar method. Invert the jar to allow water to flow out of the lid, when using the sprouting container set pieces to allow air flow between rinses.
4. Rinse and store mature sprouts in the fridge. Dry large sprouted seeds to extend their freshness up to one week.
5. Add rinsed and ready sprouts to any recipe and follow the inside sleeves of many seed packets.

Micro/Baby Greens Supplies

Seeds

Shallow, flat container with drain holes

Soil (*seed starting mix, coir, fiber mat*)

Water / Spray bottle

Additional Light & Warming (*depending on location*)

Growing Micro/Baby Greens

Micro/Baby Greens are individual and mixes of herbs or vegetables grown for their condensed dose of phytonutrients, vitamins, minerals, flavor & color additions from a seed using minimal kitchen space.

1. Clear, clean area in our kitchen or any other indoor space.
2. Add soil, or substitute to shallow container after hydrating the medium for ease.
3. Add seed to soil surface assuring good contact of seed with medium.
4. Keep medium moist, not soggy in a well-lit, with good air flow area.
5. If the area is dark or cool, you can add artificial light and/or a warming mat to avoid “leggy” or slow growth. To increase airflow you may use a small fan.
6. Follow packages, and varieties suggested timing (15-25 days), (20-35 days) depending on micro vs baby greens. Microgreens are thought to be harvested as cotyledons, and baby greens are usually grown longer to form “true” leaves.
7. Harvest with clean sharp scissors cutting the greens just above the soil/medium line, only cutting enough for immediate use.
8. Add to any recipe you like. Add as a color, texture, and nutrient garnish. You can add to smoothies, and get creative.

Further Reading

[Beyond the garnish: Will a new type of produce get the microgreen light?](#) - College of Health and Human Sciences (colostate.edu)



[Sprouts: Growing Guide](#) – Botanical Interests

