

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing microgreens

Microgreens are a quick, delicate and nutrient-rich crop that can be added to salads or eaten fresh. Microgreens are useful as they required little space, time and expertise to grow. Microgreens are similar to sprouts, although only the delicate greens are eaten and not the germinated seed.

To plant:

Microgreens can be grown outdoors in a garden in some shade or on a windowsill. For a windowsill, grow the microgreens in a container with an inch of potting soil. Sprinkle the seeds in the container and cover with a thin layer of soil. Dampen the surface with a mister.

To grow:

Microgreens need 4 hours of sunlight a day. Once sprouts appear, usually within a week, use a mister to dampen the soil twice daily. If greens are leggy and pale, they are not receiving enough sunlight. If the microgreens don't receive enough light, a grow light with a low-heat output may help.

To harvest:

Microgreens are ready to harvest usually two to three weeks after planting, making them a very quick crop for gardeners. Harvest when you see the first set of real leaves. Once leaves appear, snip the microgreens just above the soil line. Serve immediately for the best flavor.

What microgreens crave:

Since microgreens are harvested very young, fertilization is not needed throughout growth, but gardeners can mix granular fertilizer in with the soil prior to planting.



[Hong Vit Microgreen Radish seeds](#)
[available at ufseeds.com](http://ufseeds.com)

Where to buy microgreen seeds:

Urban Farmer sells different types of microgreens, from radish to beet microgreens. Check out our website at [ufseeds.com!](http://ufseeds.com)



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