

Easy Microgreens Beginner's Guide

Step 1 – Prepare the Tray: Add 2 cm of potting mix and spread evenly.

Step 2 – Sow the Seeds: Spread seeds evenly, press gently, and spray well.

Step 3 – Stack & Add Weight: Place tray on top with weight. Germinate 2 days, spray twice daily.

Step 4 – Dark Room: Keep in dark 3–5 days. Spray twice daily. Remove weight when seedlings push up.

Step 5 – Create the Dome: Flip tray to create a dome. Spray twice daily including roots.

Step 6 – Into the Light: Remove tray and place in bright light. They may look pale at first.

Step 7 – Bottom Watering: Water from below using green tray. Add 1/4 cup twice daily.

Step 8 – Harvest: When second leaves appear, cut just above soil.