

8 EASY STEPS TO GROW MICROGREENS

FRESH, NUTRITIOUS & EASY TO GROW AT HOME

1

PREPARE THE TRAY

Add 2 cm of potting mix and spread evenly.



2

SOW THE SEEDS

- Spread seeds evenly.
- Press gently into the soil.
- Spray well.



3

STACK & ADD WEIGHT

- Place a green tray on top and add a weight.
- Let seeds germinate for 2 days, spraying twice daily.



4

DARK ROOM

- Keep trays in a dark, ventilated space for 3–5 days.
- Spray twice daily.
- When seedlings push up the tray, remove the weight.

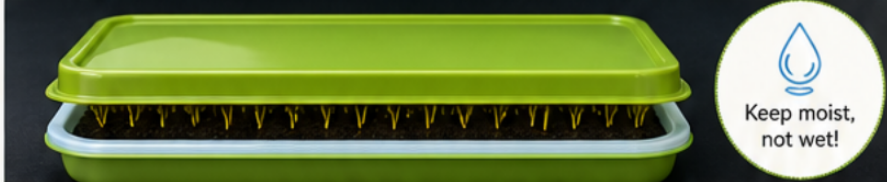



 Darkness helps seeds germinate strong!

5

CREATE THE DOME

- Flip the green tray to create a dome.
- Spray twice daily, including the roots.



 Keep moist, not wet!

6

INTO THE LIGHT

- When seedlings reach the top of the dome, remove the tray.
- Place in bright light (no direct sun).



 They may look pale at first – they will turn green quickly!

7

BOTTOM WATERING

- Water from below using the green tray.
- Add ¼ cup of water twice daily.



 Add ¼ cup of water twice daily.

8

HARVESTING

When microgreens show their second leaves, start harvesting. Cut with scissors or a sharp knife just above the soil.




 Harvest early for best taste & nutrition!

WHY GROW MICROGREENS?


 NUTRIENT DENSE

 QUICK TO GROW

 FRESH & DELICIOUS

 EASY & AFFORDABLE

 GROWN BY YOU, SUSTAINABLE

From our tray to your table 
GROW • EAT • THRIVE