

# HOW TO GROW - MICROGREENS

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## WHAT ARE MICROGREENS?

*They are the seedlings of vegetables or herbs. All are grown the same way and as they aren't being grown to maturity is a way to grow veg all year round indoors on a windowsill. They're a very good source of vitamins, minerals and antioxidants.*



## HOW TO GROW THEM

*To grow them you will want to ensure a constant supply of fresh greens so successional sow every week. They have the same flavour as the mature plant, just more concentrated.*

*What you will need*

- *Guttering or seed tray*
- *Multi-purpose compost*
- *Leafy veg or herb seeds*
- *Watering can*

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Step 1- Fill your container with multipurpose compost and lightly firm with your hand. Then make a shallow drill and sow a dense but evenly spread line of seeds. If you sow them too thickly they can get damping off.

Step 2- place them on a light windowsill out of direct sunlight, to help them at the start cover the compost with cling film or something similar- make sure there are holes for airflow. This helps conserve moisture.

Step 3- harvest, they should be ready in around a weeks time, just snip them off at the base and use.

## WHERE TO BUY SEEDS FOR THEM.

Make sure to buy organic and untreated seeds for your microgreens, this means they won't have any nasties and are good to eat at that stage, raw. The organic gardening catalogue is a good place to start. Or if you want to buy a ready pack for growing microgreens that has everything you need, then wholesale microgreens is a website to check out.

If you are going to do this a lot then buying seeds in bulk will save money- Moles seeds will provide that and at a cheaper rate than buying smaller amounts. You can also get untreated, organic seeds there.

Contact us- [cardenden@orevalleyha.org.uk](mailto:cardenden@orevalleyha.org.uk). We're here to help.

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