Farm Studio – 'Brings a Piece of Farm to your Homes'

MICROGREEN - READY TO GROW KIT

WHY GROW YOUR OWN MICROGREENS?

There are lots of great reasons to grow your own microgreens. Some folks love the fact that they can have access to fresh, living, healthy produce all year long. Others find joy in indoor gardening during the fall and winter months when they can't be outside working their own gardens. For some it is the excitement of something different and new to experiment with their cooking.
The bottom line is growing microgreens is a fun hobby with the added benefit of healthy, delicious, living food for your family.

What our DIY Kit Contains:

- Indoor Microgreen Grow Kit includes everything you need to Grow your own Microgreens. Includes Reusable BPA Free Kit Grow Container. The Grow Container is Dishwasher, Refrigerator and Food Grade Safe.
- Your Kit comes with an Organic Coco Coir Grow Pad for a Food Grade Growing Experience. No hassling with soil.
- Seeds

Growing Instructions: -

- Refer to the seed soaking guideline before proceeding to the next step
- Place the Growing mat in the growing tray.
- Wet your grow mat, fill water in container so that the grow mat is **just** submerged.
- Now, open the seeds packet and spread it uniformly over the Growing Mat (Use all the seeds; do not make too dense or too scattered layer of seeds)
- For seeds with high difficulty level (beetroot, spinach, swiss chard) additional cocopeat packets are provided. Please spread a thin even layer over the seed. Moisten this layer by spraying water (do not pour) ensure this layer is always moist
- Your Microgreen Tray is Ready Now.
- The microgreen tray needs to be kept in blackout period for 2 days (cover the tray with paper/ lid/ cloth etc. **do not** make it air tight)
- After the seeds start germinating, keep the tray in partial sunlight for at least 4 hours a day.
- Keep it moist, sprinkle water when you observe the growing medium is becoming dry.
- After 10 – 12 days, when the height of microgreen is 2 - 3inch, the microgreens will be ready for

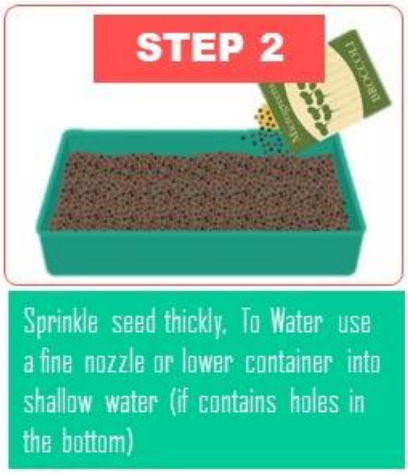
Which Microgreen Seeds Should Be Pre-Soaked?

- Pre-soaking softens the shell of seeds and helps to jumpstart the germination process for some types of microgreens.
- As a general rule, any very large thick seeds such as peas, buckwheat, wheatgrass, or sunflower seeds should be soaked between 6 hours and overnight.
- Other seeds that should be soaked overnight include cilantro or coriander, and fenugreek.
- Any grass / grain seeds like barley, oats, or alfalfa benefit from soaking too.
- Some seeds like broccoli, radish, cabbage, kohlrabi, spinach, beet, and chard should be soaked, but not overnight or they may get too waterlogged and fail to germinate. Soak these seeds for just 1 to 2 hours..

Which Microgreen Seeds Shouldn't Be Pre-Soaked?

- You don't want to pre-soak any seeds that become mucilaginous (form a gel) when they come in to contact with water.
  - This includes really tiny seeds like: chia, basil, arugula, cress, mustard & flax
- If you try to pre-soak these kinds of seeds, you'll end up with a goo that's too difficult to try and spread evenly on your tray or growing medium.
- So instead, sprinkle them directly on to your soil and then spray them with a mist to moisten them.
- Also avoid soaking kale, amaranth, lettuce, and similar seeds.
- They don't form a gel like basil, but they're small and will be hard to evenly distribute once they're wet.

Pictorial display for reference purpose:



Microgreens Growing Difficulty levels

Below we've broken down some common microgreens into categories that by experience we found are low to high on the difficulty scale to grow

LOW DIFFICULTY	MEDIUM DIFFICULTY	HIGH DIFFICULTY
• Radish • Sunflower • Arugula • Wheatgrass • Broccoli • Cabbage • Cauliflower • Kale • Lettuce • Kohlrabi • Mustard • Clover	• Celery • Cilantro (aka Coriander) • Spinach • Sorrel • Leek • Fennel • Dill • Anise	• Peas • Amaranth • Chives • Beets / Chard • Basil • Cress • Carrots

- Don't be discouraged if you want to grow a microgreen that I've listed as hard to grow though. Overall, microgreens, in general, are quite easy to grow.
- Some like peas may just be difficult to keep properly hydrated without overwatering or underwatering.
- Others like carrots have a long germination period that may make you question if you've made a mistake in your growing process.
- We'd recommend everyone to start off growing radish microgreens first.
- That's just because they're quick to germinate and reach full size.
- Then, learn how to grow sunflower microgreens, which are also one of the easiest to get started with, and they taste delicious too!

Post Harvest Care:

Though, it is suggested to consume microgreens after harvesting them fresh needed, but, you can also refrigerate your microgreens after harvesting. Just secure them in an air tight ziplock bag & keep them in the refrigerator, It will maintain the freshness, nutrition & flavour of microgreens.

Benefits of Growing Microgreens

- Quick to grow: from 'seed to feed' in just 1-3 weeks depending on which variety you choose.
- You can grow an incredible number of plants in a tiny area = high yield to space ratio.
- Simple requirements. You just need access to good light, a tray/suitable shallow container, water and a growing medium.
- Indoor edible garden. You can grow microgreens indoors on a sunny windowsill or kitchen bench. They are also suited to a mini greenhouse, or outdoors on your balcony, covered porch or shade house with no need for a garden.
- No loss of nutrient value - When you harvest your microgreens just before serving, this maximizes nutrients.
- Their high nutrient content can help lower blood pressure, lower cholesterol, improve digestion, strengthen bones and teeth, improve eyesight, and balance blood sugar!
- Visit – www.farmstudio.co.in