

CULTIVATE HEALTH

Growing Microgreens Made Easy

Step-by-Step Instructions for
Successful Microgreens Cultivation



FARM STUDIO

Living Greens & Decor

What are Microgreens

How do we grow Microgreens

How do we consume Microgreens

Benefits of Microgreens



Lets see how plants grow



Harvest Stages – What Stage is Microgreen

(let us consider **Spinach** as an Example)

4. MATURE GREENS:
> 6 inches in height; 40-60 days



3. BABY GREENS:
4-6 inches in height; 21-40 days



1. SPROUTS: Germinated seeds with emerging root; 4-5 days



2. MICROGREENS:
2-3 inches in height; 7-21 days
(stem, cotyledons, and emerging true leaves)



What are Microgreens

- These small leafy vegetables are young shoots which are harvested typically 5 to 20 days after germination, when they only measure a few centimetres high. Thus the microgreens are harvested at an earlier stage compared to their mature counterparts.
- Did you know that the **microgreens' nutrient impact is about 40 times bigger than the one of fully grown plants or fruit?** Can you believe it?
- ***Good to know:** some vegetables are not edible as microgreens, because of toxic molecules located in the inside of the central stem and/or leaves, like tomato, brinjal or potato plant, for example*



WHY MICROGREENS



- Fun & Easy To Grow



- Harvest In 10-14 Days



- Grow Year-round



- Rich In Beta- Carotene



- Increase Immune system



- High Levels Of Polyphenols – good digestion & brain health, protects against heart disease and diabetes.



- Helps Lower Triglyceride & “Bad” LDL Cholesterol Levels

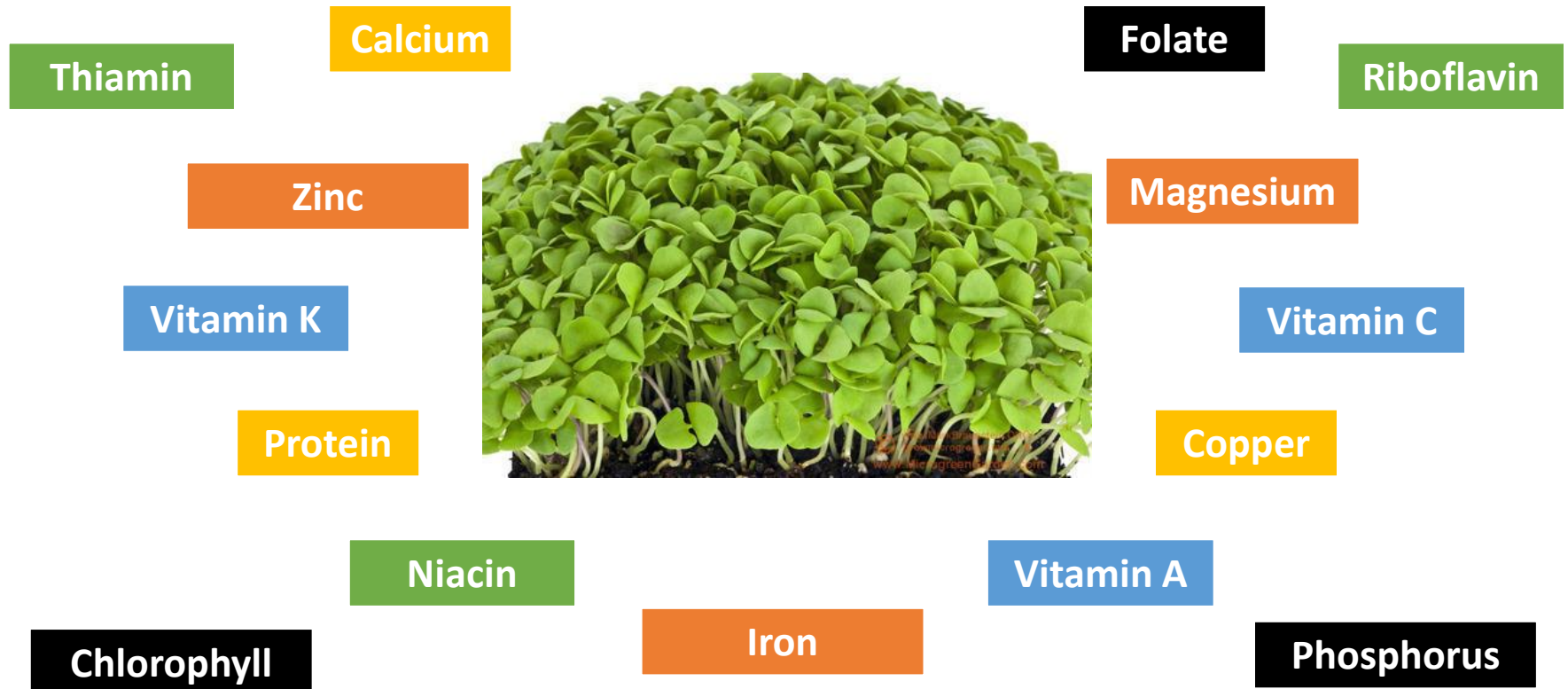


What quantity to consume?



Nutrient Assessment Results

25 commercially available Microgreens were assessed to understand the presence of various nutrients



Microgreens have MEGA Nutrients

Microgreens : Mature Greens

RED CABBAGE



Vitamin E
40 : 1



Vitamin C
6 : 1

CILANTRO



Beta-Carotene
4 : 1



CORRIANDER



Beta-Carotene
3 : 1



BASIL



Vitamin K
8 : 1



Day 1

Mung bean

Radish

Wheatgrass

Mustard





Locations



Where to keep / Light Requirement

- Place the growing tray on the windowsill and keep the medium moist but not waterlogged. Spray the plants with water two to three times a day.
- If Window light may be insufficient; T-8 fluorescent lights can supplement or replace sunlight (keep tubes < 2 in. from plants)
- In around 2 weeks your crop should be ready to harvest!



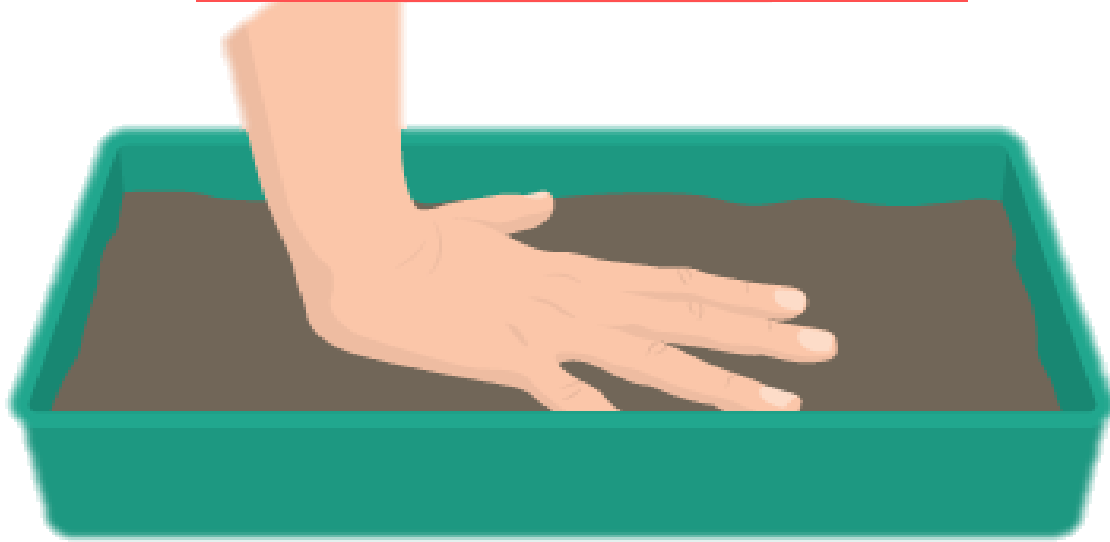
Harvesting

- Use scissors to harvest the crop when the plants are around 5cm high, or when they have their first pair of leaves.
- Cut straight across the stems, leaving the roots intact, roots are not to be consumed



Simple steps to grow Microgreens

STEP 1

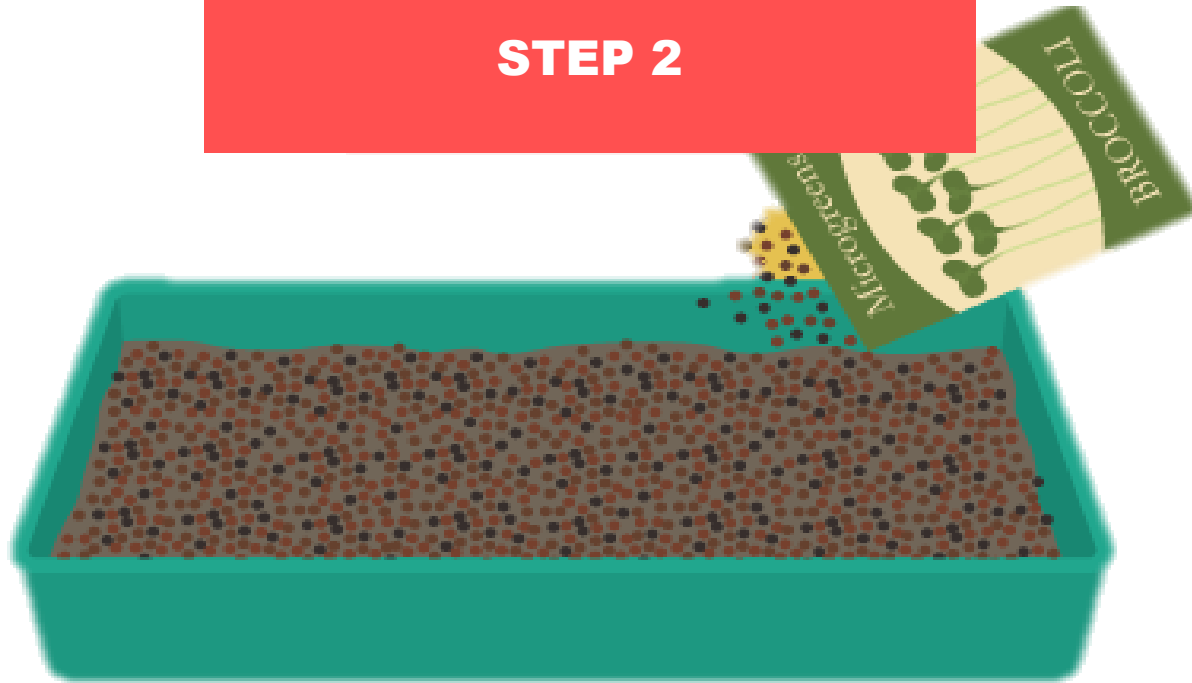


Fill a seed tray or other shallow, wide container with growing medium, moist & compress very lightly



Simple steps to grow Microgreens

STEP 2

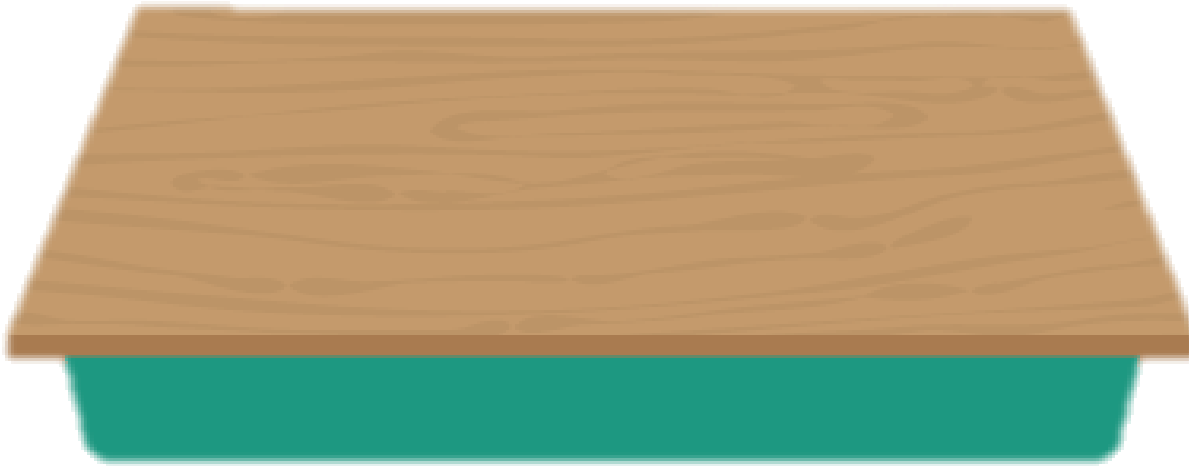


Sprinkle seed thickly, To Water use a fine nozzle or lower container into shallow water (if contains holes in the bottom)



Simple steps to grow Microgreens

STEP 3

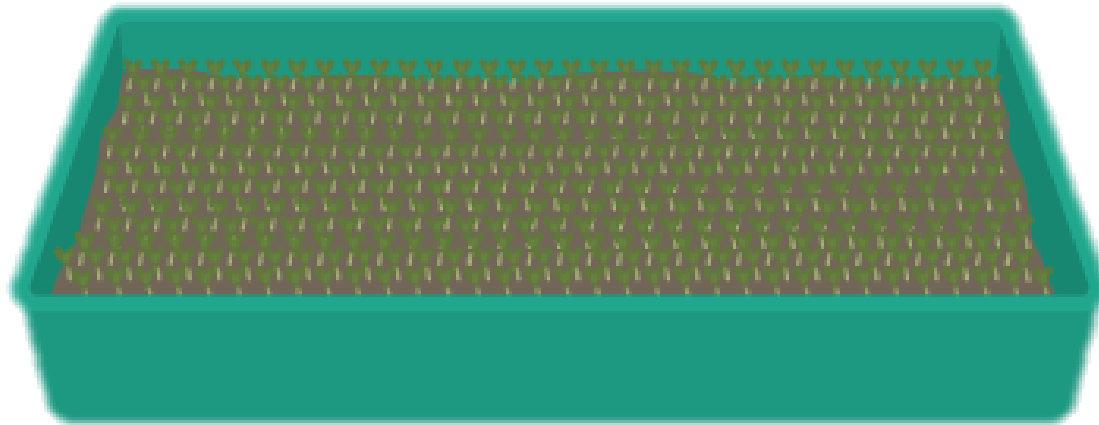


Cover the container to keep the seeds in the dark until they germinate



Simple steps to grow Microgreens

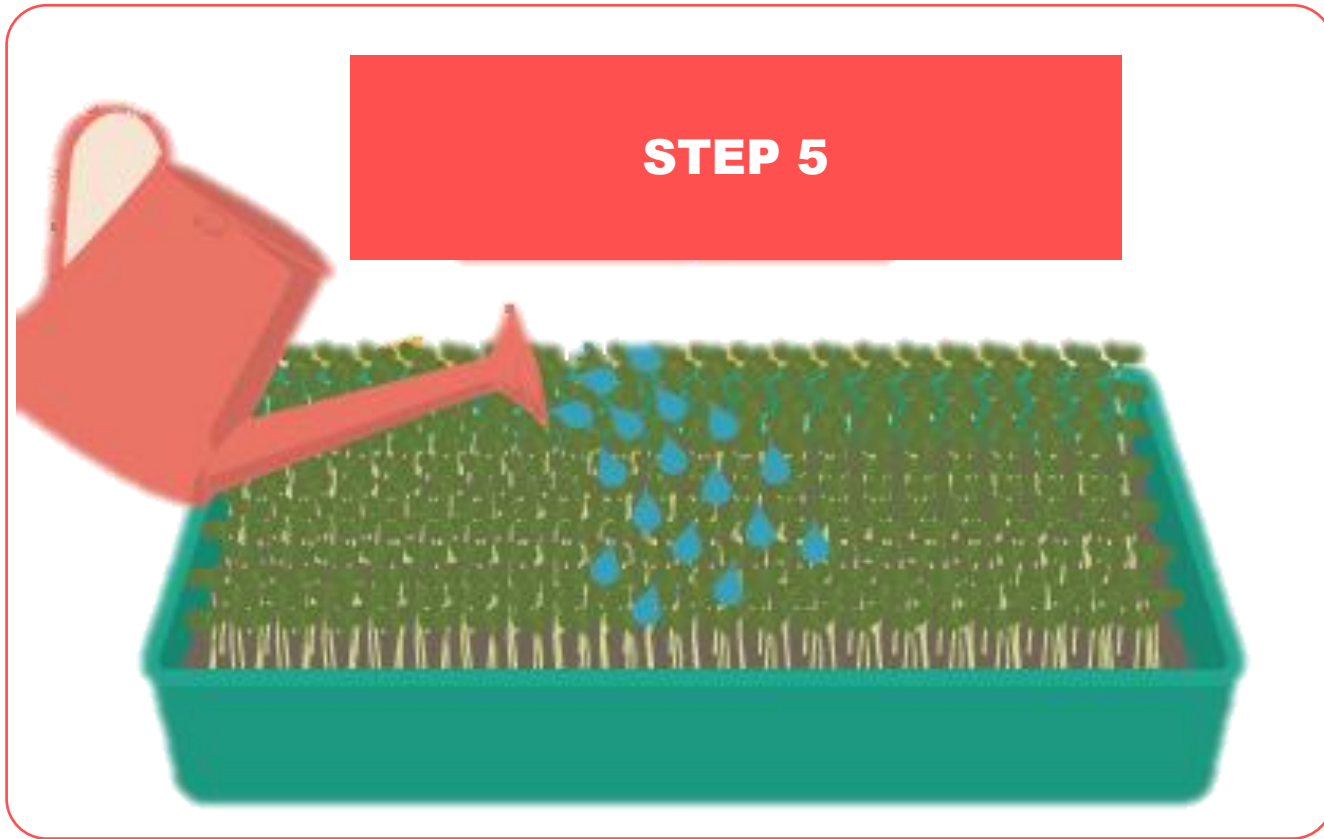
STEP 4



Remove the board as soon as the seeds germinate



Simple steps to grow Microgreens



Water & grow on for another 1 to 2 weeks



Simple steps to grow Microgreens

STEP 6



Harvest by snipping with scissors or knife,
consume or refrigerate immediately



Lets Get Growing – What we need

CONTAINER	MEDIUM	SEEDS
Jars	Cotton	Mustard
Plates	Cocopeat	Tulsi/ Basil
Saucers	Soil	Moong
Mugs	Cloth strips	Methi
Pots	Tissue Roll	Dhania
Disposab le Boxes	Cardboard	Black gram
	Sponge	Peas

**Small
Seed**

**Medium
Seed**

**Big
Seed**

* Please keep Water,
Spoons, Glasses also handy
* Seeds 1 each from each
category is preferred if
available



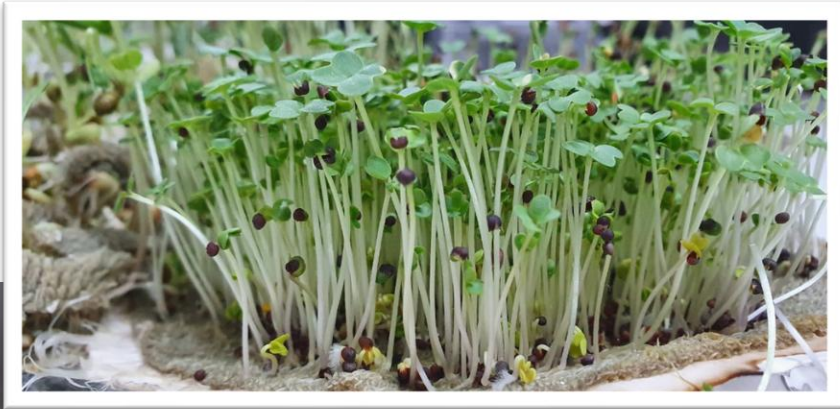
Lets take a look into commercial set up...



Lets take a look into Home set up...



Lets take a look into Home set up...



Lets take a look into commercial set up...



Thank You

Happy Growing...



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