



## How to grow microgreens indoors

Fresh greens can be quick and easy to grow indoors with only a few low-cost supplies. Here are your recipes for success.

### Materials:

- clean, shallow tray with drain holes\*
- potting mix (any product that is recommended for seed-starting should work well)
- seeds\*\*
- water
- plastic to cover the tray
- sunny window or grow light

### Instructions

1. Loosely fill the tray with a pre-moistened potting mix. There should only be a ½" space between the top of the potting mix and the top edge of the tray.
2. Follow the sowing directions on the seed packet. For most micro-green and shoot crops, seeds are sown on the surface and gently tamped down to ensure contact with the potting mix. Some seeds will germinate better when topped with a light layer of potting mix.
3. Gently water in the seeds and cover the tray with plastic to keep moisture in.
4. Move the tray to a warm ( 70–80° F) location. Most seeds do not need sunlight before they germinate. The top of the refrigerator is typically a warmer spot in most households.
5. Check daily and move to a sunny window or grow light as soon as seeds germinate. You'll have much better results with a grow light set about 2-4" above the seedlings, but a sunny, south facing window can get you by.
6. Most micro-greens are ready to harvest when one or two sets of "true leaves" have developed. Some types are ready to harvest when the cotyledons (seed leaves) have fully expanded. Harvest by cutting as close to the growing media as possible with a clean pair of scissors. Rinse and enjoy!

\* Many household items make great planting trays: aluminum pans, salad containers, etc. Be sure to sanitize containers before planting with a 10% bleach solution and have several drain holes in the bottom.

\*\* A few of our favorite microgreens include: sunflower (great crunch and slightly nutty), popcorn (mild flavor with a sweet aftertaste), field peas (similar flavor to fresh peas), red amaranth (mild and colorful), mustard (sharp spicy), mizuna (milder version of mustard), basil, dill, cilantro, beet, scallion and lemon balm.

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