

Sprouting and Growing Microgreens

STEP 1: Sprouts

Wash your seeds at least 3 times, really well!

STEP 2:

Pour seeds in the strainer and put the strainer inside the bowl.

STEP 3:

Fill the bowl with warm clean water all the way to the top to soak the seeds.

STEP 4:

Leave the seeds in room temperature to soak overnight.

Important Note:
Especially if you are planning to eat sprouts raw, your seeds need to be washed well!

STEP 5:

Take it to a sink and drain all the water out.

STEP 6:

Put the strainer (with seeds still inside) back in the empty slightly bigger bowl and leave on the counter (away from sunlight) for a day or two until the little white tails are out!

STEP 7:

Store in the fridge in a breathable container for 3 days or so. As soon as it smells funny, throw it out!

Note:
soak for 6 hours for small seeds (radish), 12 hours for bigger seeds (beans) and only 2 hours for broccoli family.

Also Note:
Did the seeds get much bigger after soaking?

Why is that?

You can cover it with a kitchen towel but let air flow.

Keep seeds moist and clean

Maybe rinse them once a day.

Ta-Da! These are sprouts! Give them a try!

Salad
Sandwich
Soup
Stew
Snack

Microgreens

STEP 1:

Fill the plastic berry container with soil ALL THE WAY TO THE TOP (3 inches), while gently pressing it down with your fingers to remove air (gently!).

Note:
Berry containers already have drainage holes at the bottom!

STEP 2:

Carefully place ONE layer of sprouted seeds on top of the soil. You want sprouts to be very very close with almost no space between them.

STEP 3:

Carefully cover seeds with a thin layer of soil just enough to keep them hidden and moist.

STEP 4:

Gently water every day, and after a week your greens are ready to eat!

Your greens need some light to grow short and bushy. Put them beside a window.

