



# How to Grow Microgreens

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PREP TIME: 15 MINS COOK TIME: 14 DAYS

TOTAL TIME: 14 DAYS YIELD: 5"X7" FLAT CONTAINER. 1X

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## DESCRIPTION

How to grow microgreens indoors in 1-2 weeks, using no special equipment. Enjoy the tremendous health benefits of consuming microgreens daily- adding to meals you are already making. Plus 10 Health Benefits.

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## INGREDIENTS

2 tablespoons sprouting seeds- broccoli seeds, radish, kale, chard, arugula, cilantro, chia, buckwheat, etc.

5" x 7" inch container with lid (or use plastic wrap or beeswax wrap)

5" x 7" inch growing mat

water

window

( Here is a handy [Microgreens Kit](#) we sell at our Shop! )

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## INSTRUCTIONS

Soak seeds according to directions on the package (6-8 hours). This will hasten sprouting time. Drain. (Alternatively, if you choose, you can skip

soaking and spray the seeds with water using a spray bottle, once they are on the mat. *This is what I typically do.*)

Soak the growing mat (you want this quite wet) and place it in the container.

Spread out the seeds as evenly as possible- sometimes giving the container a little shake will help.

Cover tightly and place near a window. If you don't have a lid, use **plastic wrap** or bees wrap, to keep the moisture in. (If it is freezing outside, place it a foot away or so). Inspect daily.

When most of the seeds have sprouted- this may take up to 5 days-remove the lid. (You may notice some white webbing- this is OK). Keep by the window and water daily. As the sprouts get rooted in the mat, you could drench the pad with water, then pour off the extra water.

Let the sprouts grown into tall microgreens, with little leaves, 7-10 more days, watering daily.

To use, cut off what you need at the base, with scissors, leaving the rest to grow. Sprouts keep best if they are growing! If you absolutely must store them, place them in a sealed zip lock back with damp paper towels in the fridge. They will keep 5-7 days.

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## NOTES

Refer to the package for soaking instructions as each seed is different.

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## NUTRITION

**Serving Size:** ½ cup   **Calories:** 10