

Home Grown Microgreens

I was told that microgreens are a nutrient dense form of greens that are so delicious that you will have a hard time going back to plain old salad after you get a taste for them.

I read that it takes less than 2 weeks to get a pretty serious amount of salad fixings, so I thought it was something to look into.

With my garden all put away for the winter, and nothing growing for a few months I started going over what it'll take to grow them. Luckily I had most of the items necessary, which is pretty much just [a light](#) to put them under (but any old fluorescent light will do), potting soil and trays.

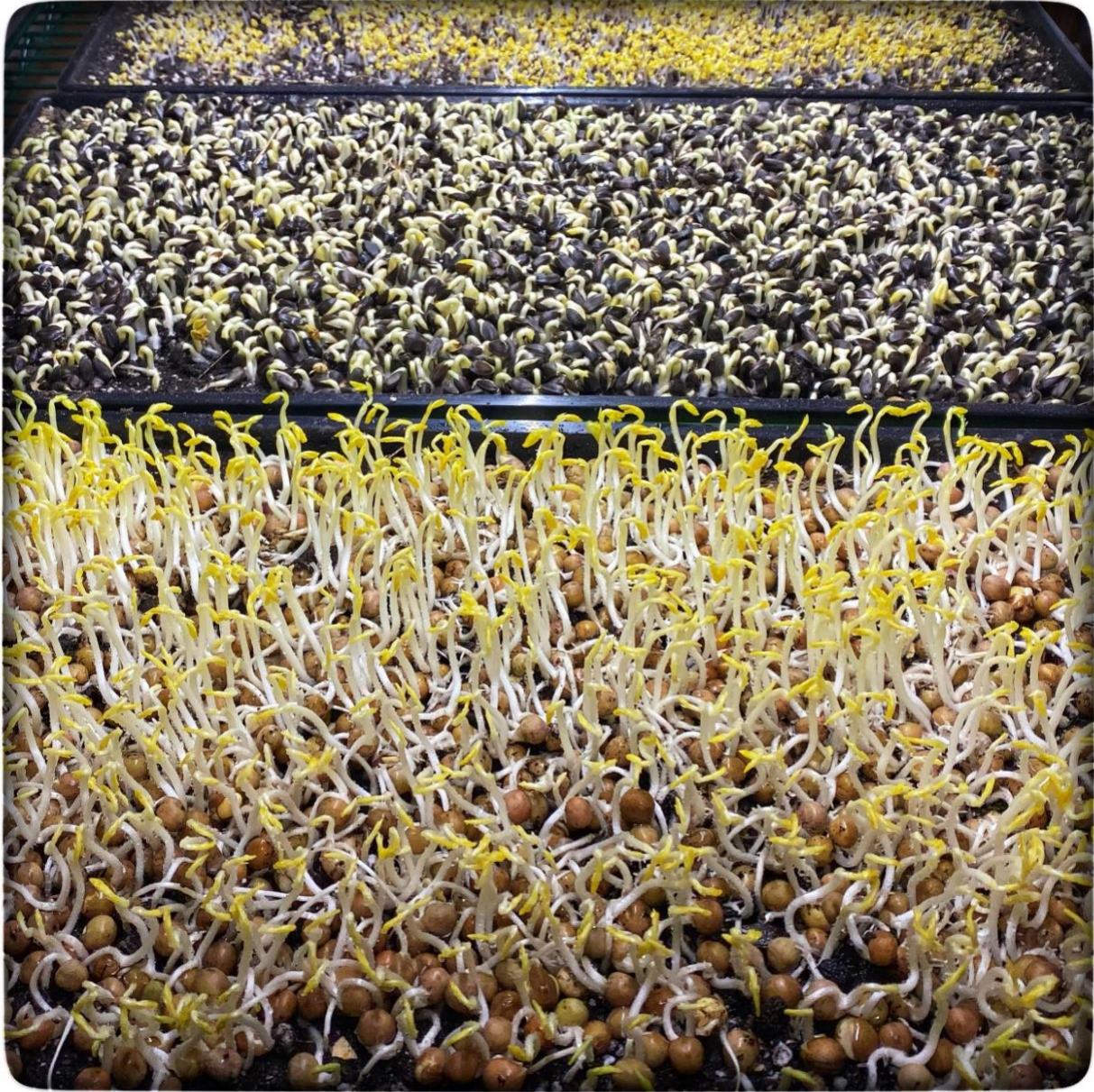
I reused some old potting soil I had from the garden and filled 3 trays.

The greens grow in [trays with holes](#) in them on top of other [trays with no holes](#).

This way you can water them from underneath.

I ordered some seeds from [Mumms](#). I picked up a bag of sunflower, peas and broccoli, as these seem to be the most popular.

Each of the seeds has different soaking requirements. I found a lot of great resources on the [boot strap farmer website](#). I soaked the seeds that needed soaking, made sure the trays were lined with some moist, old potting soil and then spread the seeds out evenly and placed the trays on top of each other for 4 days.



On day 5 the peas are already off to the races.

After 4 days I put them under the light until the first true leaves came out.



The peas grow so fast, it is fun to watch.



Sunflowers are by far the densest and messiest of the bunch, but a real winner to eat. Such a lovely flavour and texture.



The broccoli was very delicate, and I certainly didn't seed enough. Next time I am going to sift the big chunks out of the old potting soil and add way more seeds.



In under 2 weeks this was my harvest. What a delight.

Then I harvested them with a sharp knife.



The messy sunflowers need to be washed and the seed hulls need to be removed. It was a bit of tedious task but easily worth the effort. Look at this yield!

It was remarkably easy and something I am planning on doing all winter.

Microgreens are so much nicer than salad, and it is especially nice having all you can eat.

If you and your family enjoy eating greens, growing them at home is super-easy and rewarding.