How to Grow

1. Microgreens are mini versions of full-grown plants – grow them in small spaces and harvest and eat them while they are still small.
2. Pre-soak large seeds (such as sunflower, peas) overnight for quick, even sprouting.
3. Moisten potting soil and place at least 1½ inches into a clean container (recycled berry, milk or mushroom containers work great).
4. Smooth the soil surface flat. Evenly sprinkle seeds closely together onto the soil. Gently press the seeds into the soil surface.
5. Mist the soil until it is just damp. Cover the container to block light out and hold in moisture. Aluminum foil or a dinner plate work well. Check and mist every 12 hours.
6. Once seeds have sprouted (around 3 to 4 days), remove the cover and place the container in a bright window or under a lamp.
7. Check moisture daily and mist if surface is dry. Rotate container to keep greens growing straight.

What you’ll need to grow microgreens:

- Seeds
- Cup to pre-soak large seeds
- Potting soil
- Spray bottle filled with water
- Light – lamp or window
- Clean scissors
- A cover for your growing container
- Flat, clean growing container 2 to 3 inches deep with drainage holes

Planting Season and Location

- Year-round planting indoors is best with light from a window or table lamp.

Indoor Lighting Tips

- A lamp can be as close as 3 inches above the top of the plants and should be on during normal awake hours (15 hours a day is ideal).
- Dim light will cause the microgreens to lean towards the light, creating “leggy” but edible plants.

Seed Tips

- Seeds from past growing seasons work great for growing microgreens!
- If you are unsure if old seeds will grow, test some of them out as microgreens. Plant extra seeds to help ensure some will grow.
- To avoid wasting seeds, measure out a small amount, such as 1 teaspoon. See how much grows. For your next batch, adjust the amount of seeds as needed.

Key Pests and Diseases

Microgreen seeds and/or seedlings can rot or get moldy if the soil is too wet and cold.
Some Types to Grow

**Mild:** Broccoli, cabbage, cilantro*, chard, kale, peas, sunflower

**Spicy:** Arugula, mustard greens, radish

* Might take longer to harvest but worth the wait.

**Avoid using these seed types for microgreens:** Eggplants, peppers, tomatoes, tomatillos.

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When and How to Harvest

✦ Many microgreens are ready to eat in 10 to 14 days. Use clean scissors to cut off above the soil.

Storage and Cooking

✦ Best plan is to harvest, rinse, and use right away. To store, wrap in a paper towel and place in a plastic bag for 1 to 2 days in the refrigerator.

✦ Microgreens are packed with nutrients, even more than their full-grown plant, and they add a burst of flavor, texture and color to meals.

✦ Microgreens grow super-fast and are easy for kids’ hands to rinse and then sprinkle on meals to promote cooking and tasting!

✦ Try growing and tasting different types of microgreens to find which type or mixture you like best!

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Cilantro Lime Tuna Wrap

**Preparation Time:** 15 minutes  
**Makes:** 5 wraps

### Ingredients

- 3 Tablespoons lime juice
- 2 Tablespoons mayonnaise
- 2 cans (5 ounces each) tuna in water, drained
- ⅓ cup cilantro, chopped and loosely packed
- 2 green onions, chopped or ½ teaspoon onion powder
- 1 cup chopped red bell pepper
- 1 jalapeno, minced (ribs and seeds removed)
- 5 medium flour tortillas
- 1 cup, microgreens, or shredded lettuce or 5 small lettuce leaves

**No peppers?**

Use 1 cup diced celery and ¼ cup canned green chiles.

### Directions

1. Wash hands with soap and water.
2. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and pepper and mix until evenly coated.
3. Divide tuna mixture between 5 tortillas. Spread to edges.
4. Top with lettuce and/or microgreens and fold or roll into a wrap.
5. Refrigerate leftovers within 2 hours.

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The Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans. This material was funded by USDA’S Supplemental Nutrition Assistance Program—SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit http://foodhelp.wa.gov or contact the Basic Food Program at 1-877-501-2233. SNAP-Ed is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity employer.