

HOW TO GROW

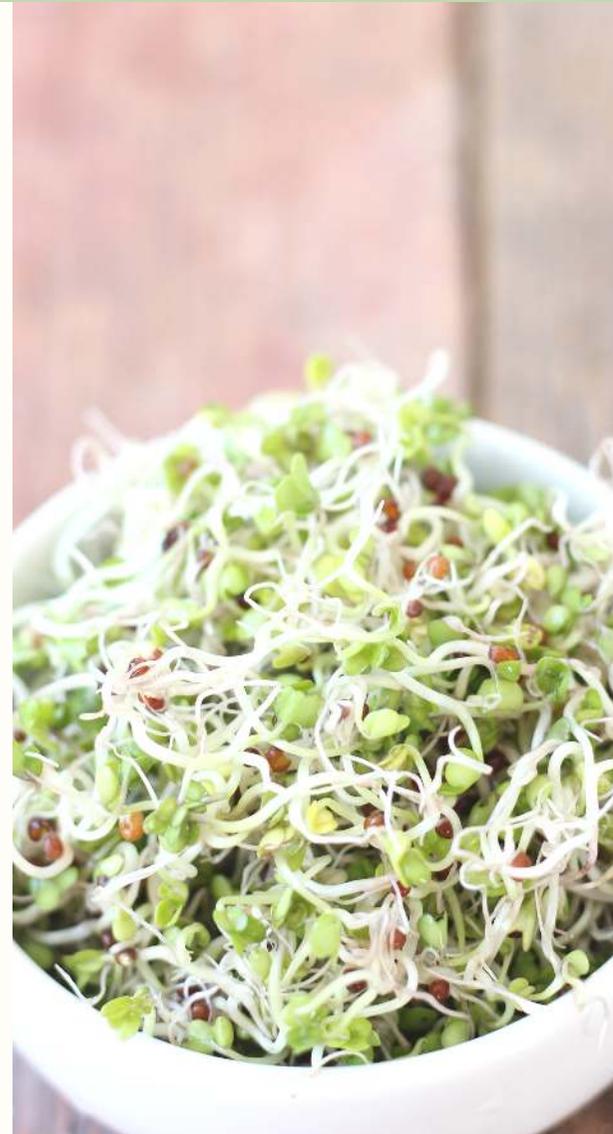
MicroGreens

YOU WILL NEED

- a container
- dirt
- Seeds (broccoli, alfalfa, peas, microgreen mix)

PROCEDURE

- Poke holes in the bottom of your container for drainage
- Fill with 2-4 inches of dirt
- Sprinkle seeds on top
- Sprinkle lightly with additional dirt to just barely cover
- Water gently, but thoroughly
- Place container in a sunny area
- Microgreens are ready to be harvested (cut) after 7-9 days when they've grown a second leaf



TOP TIP

Microgreens are incredibly nutritious. For instance, broccoli sprouts (pictured) and microgreens have been found to contain 50x the cancer fighting compounds of mature broccoli!