

# Growing Microgreens

**Microgreens are great for beginner gardeners. They are also a great way to garden in all climates, to teach your kids about gardening, or if you are working with limited space and don't have a traditional garden.**

## What you need:

Any shallow, Flat container – you can use a takeout container, or an old food packaging container

Well-drained potting soil

Seeds of choice – there are so many options! You can use—basil, broccoli, cabbage, cilantro, kale, lettuce, parsley, radish, beets – just as examples. Note: larger seeds tend to be easier to grow.

Paper towel

Spray bottle

## What to do:

1. Make sure your planting container is washed out and cleaned before use.
2. If you are using a tray with holes, you can line the bottom with paper towel so that the seed mix does not fall through.
3. Fill the tray with an inch of moist soil. Level off the soil.
4. Press your seeds into the soil. Cover the seeds with a light layer of soil.
5. Use a spray bottle to mist your seeds and keep them watered.
6. Put your seed tray in a warm, sunny spot. A windowsill is a good location.
7. It is important to keep your seeds watered. You can check the moistness of the soil daily, and water if it's too dry. Tip: To keep your seeds moist, cover with a lid or plastic bag with holes in the top.
8. The seeds will begin to germinate. Germination time depends on the type of seeds; the packaging will be able to tell you. Once they have grown a few inches high and have true leaves, you can harvest them! Cut the greens right at the soil line with a scissors. Enjoy your microgreens!



**Tune in today to Como Live on Facebook at 1:30pm for a tour of the Sunken Garden Fall Flower Show!**

