



Growing Microgreens Step by Step: From Seed to Table in Seven to Ten Days

Susan Alima Friar

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How would you like to have fresh garden greens ready to eat in 7 to 10 days winter or summer? Step by step, I will take you from the “no fail,” highly nutritious broccoli and kale to the colorful and kid favorite sunflower and pea shoots and way beyond. You only need a few minutes each day to tend your plants and you can have a rainbow of colors in a minimum of space and very reasonable cost. Microgreens are the youngest cultivated, green plants (1 to 2“ in height) as opposed to sprouts which are germinated seeds. Seeds can be from vegetable or herb to edible flower seeds. Grow them in your home on your window sill or on your patio or anywhere that gets some light and is between 60 and 80 degrees. At the same time, growing this miniature garden can offer you a peaceful moment in your day as you watch the magic of nature with its varied shades, textures and tastes provide you with your own live green superfoods.

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