

Microgreens for Beginners

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1. Pre-soak large seeds

Sunflower, buckwheat, peas, beet & cilantro require a presoak for quick, even germination.

Soak time varies by species-check references or seed pack.

2. Prepare trays

Growing in Soil?

Premoisten & firm 1.5-2' of soilless mix into the tray. Mist soil surface-aim for damp, not soggy soil.

Growing in Hydroponically?

Add growing pad & water to the tray. Swish & flip to fully saturate the pad. No dry spots!. Drain excess water.

3. Seed the tray

Sprinkle seeds evenly over surface. Spacing depends on size of mature microgreen. Large seeds will almost be touching. Gently press seeds into contact with media.

4. Mist & Cover

Mist the tray. Make a blackout/humidity chamber by misting the inside of a lid and cover the tray with dark covering. Small containers can be placed inside paper bags.

5. Mist every 12 hours

Keep seeds moist by misting every 12 hours. You shouldn't need to add much additional water to the tray yet.

6. Uncover the tray

Seeds germinated? Uncover the tray. Place tray in bright sunny window, greenhouse or under grow light.

7. Check daily

Check media moisture and add more water to keep moist but not soggy. Rotate tray to keep seedlings growing straight.

Time to harvest!



Depending on species your microgreens are ready to eat in 10-14 days. Use scissors to cut. Add to salads & sandwiches-yum!



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Many seed sources: local garden center, health food store, Johnny's Seed www.johnnyseeds.com, www.growingmicrogreens.com

Resources: presentation slides at blogs.oregonstate.edu/ediblegardens
100+ books: check out E. Franks & J. Richardson or M.M. Braunstein