



# SNAP-Ed

wasnap-ed.org/live-well



## Growing in Washington Microgreens



### 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.



#### 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.

#### What you'll need to grow microgreens:



Seeds



Cup to pre-soak large seeds



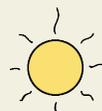
Potting soil



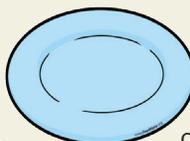
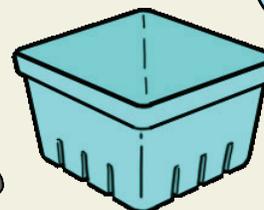
Spray bottle filled with water



Light – lamp or window



Clean scissors



A cover for your growing container

Flat, clean growing container 2 to 3 inches deep with drainage holes

## 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.



## 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!



## 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

$\frac{3}{4}$  cup **cilantro**, chopped and loosely packed

2 **green onions**, chopped or  $\frac{1}{2}$  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  $\frac{1}{4}$  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.

