Basic Microgreens Starter Kit
Instructions

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MATERIALS INCLUDED

(1) 5x5 Insert Flat, 5 Pack
(1) Leakproof Tray, 5 Pack
(1) Clear Acrylic Dome
(1) Germination Mix – 20 Qt
(1) Chapin 48-oz Hand Sprayer
(1) 1oz Confetti Mix Seed
(1) 1oz Mild Micro Mix Seed



INSTRUCTIONS

1. Place a 5"x5" Insert Flat in a Leakproof Tray and fill each section with enough the source supplier's Germination Mix to cover the bottom to a depth of about 1" (approximately 1 cup).
2. Evenly spread microgreens seeds across each section of the 5"x5" Insert Flat.
   - 1 tsp. for Confetti Mix
   - ½ tsp. for Mild Micro Mix

   Optimal sowing density varies with the microgreens crop, seed size, and growing conditions. The more seeds you add the denser the crop, but if sown too densely the microgreens will not flourish. You can experiment to find the seeding densities that work well for you.
3. Using the Chapin Hand Sprayer, mist the microgreens seeds and Germination Mix in the 5"x5" Insert Trays until they are well-moistened.
4. Cover the whole tray with the 2"-high Clear Acrylic Dome.
5. Move your microgreens to a warm location to germinate. A sunny, south-facing window will usually do.

   Ideal soil temperature is 75°F (24°C) until germination, then reduced to 60°F (16°C). Optimal ambient temperatures are variety-specific, but 65–75°F (18–24°C) is generally a favorable range. Temperatures above 75°F can increase disease pressure and inhibit germination.
6. Mist your microgreens daily, ensuring the seeds and Germination Mix are kept moist.
7. Once the microgreens have taken root, stop misting and start bottom-watering. Carefully lift up one of the 5"x5" Insert Trays and pour enough water into the Leakproof Tray to cover the bottom completely to a depth of approximately ¼" (about 3 cups).
8. To decrease the likelihood of disease, ensure good air movement by removing the dome after seeds have germinated and do not over-water.
9. When the microgreen cotyledons (the first leafy structures) start to emerge, make sure they receive adequate light, or they will become weak and spindly. Be sure to rotate the microgreens on the windowsill regularly as they grow toward the light. A good way to ensure strong seedling growth is by supplementing natural light with a grow light.
10. Continue to check your microgreens daily to ensure the Germination Mix is moist but not overly saturated, and bottom-water as needed.
11. When the first true leaves appear above the cotyledons, it's time to harvest. Use a clean pair of scissors or a harvest knife to cut the microgreens close to the Germination Mix surface.

    Enjoy your own fresh microgreens on salads, soups, and sandwiches!

    For a steady supply of microgreens start a new crop weekly. Keep in mind that crops grow at different rates based on species, variety, and the environment. Experiment and take notes to develop a succession plan that works well for you.

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