

Microgreens
Production Fundamentals

Hensley's SEED CO. DENVER · COLORADO

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the original research farm

Trial site in USDA zone 5b

- **200 Acres Managed**
- **11 Farm Sites**
- **80+ Acres Consisting of:**
  - **Trial Crops**
  - **Breeding & Seed Production**
  - **Cover Crops**



the original research farm

Trial site in USDA zone 5b

3,225 Varieties planted and evaluated at our farm

30 miles Bed feet sown for our trials

175+ New varieties selected for the 2026 season

Note: Additional trialing occurs on partner farms across the country. The varieties planted and miles of bed feet listed above only represent the portion of trialing conducted on our home farm.




PRESENTED BY THE HENSLEY’S TEAM

What we will cover in this webinar

- How to grow microgreens
- Easiest to more challenging varieties
- What makes a variety easy or difficult
- Shoots
- F1 vs OP variety selection
- Strain Selection
- Variety Selection
- Mix Development
- Original-source Mix Review
- Your questions!



Materials for growing Microgreens

Choose a tray

- 1020
  - Shallow or deep
  - 20 row flat
  - 5x5 inserts
- Polypro trays
  - Microgreens Growing tray
  - 5x5 insert pots

Choose a growing medium

- Potting soil
  - 512 Mix
  - Fort Light, VT Compost Potting Mix
- Terrafibre Hemp Grow Mat

Other essentials to consider

- Location
- Airflow
- Fertility
- Water







How to grow Microgreens

Sowing

- Put growing media in tray
- Sow seeds at desired density
- Ensure good seed to soil contact

Watering

- Need less water pre-germination
- Water based on soil moisture

Harvesting

- Cut at desired size







What makes some varieties easy to grow?

- Smooth, regular seed
- Quick germination
- Faster growth





Good varieties for beginners

All brassicas

- Mild, Spicy, Confetti, and Kalefetti Micro Mixes
- Kales, mustards, broccoli, cabbage, arugula, mizuna, pac choi, tatsoi, radishes

- Pea and sunflower shoots



Intermediate varieties

- Scallion
- Basils
- Amaranth, including new Glitter Mix and Garnet Red



What makes some varieties more difficult?

- Slow germination
- Difficult seed-to-soil contact
- Larger or smaller seed
- Slower growth
- Thin or wetter hypocotyls





Difficult varieties

- Beets and Chard including Confetti Mix
- Cilantro
- Parsley
- Lemon Balm
- Red Veined Sorrel







Things to consider

- **Variety selection**
  - What are you looking for?
- **Seeding density**
  - Goldilocks zone
- **Days to Maturity**





Micros vs. Shoots

What are the distinctions?

- Seed Size
- Size of final product
- Slight differences in production



How we grow shoots on the research farm

- **Presoak the seed for 12-24 hours**
- **Open tray, either 1020 or polypro**
- **Layer the seeds on about an inch of potting soil**
- **Sow seeds about ¼ inch apart**
  - Peas & sunflower shoots can be tighter
  - Good spacing for the new cucurbit shoots
  - Experiment with seeding densities
- **Cover seeds**
- **Water**
- **Harvest**





Understanding Hybrid (F1) versus Open Pollinated (OP) Varieties

Overview

F1: why might one choose F1 in any given crop?

- Incorporate specific traits
  - Disease resistance
  - Color
- Hybrid Vigor
- Uniformity

OP: why are OPs often a good option in microgreens?

- Low cost
- Reliable seed production
- Multiple sources





Strain Selection: Not all strains are the same!

- A case study: Bulls Blood



Variety Selection

- A case study: Purple Stemmed Mizuna



Mix development

1) Identify individual components
   - Color
   - Speed

2) Evaluate ratios





Original-source Mixes

- Brassica Mixes
  - Mild Mix
  - Spicy Mix
  - Kalefetti Mix
  - Confetti Mix
- Rainbow Sprinkles Mix
- Glitter Mix – NEW!
- Shoots Mix - Shades of Green Nasturtium



RESOURCES

Original-source Microgreens Selection

Microgreens Key Growing Information

Tech Sheet: Microgreens Production

Tech Sheet: Micros Yield Trial Results

Microgreens Comparison Chart

Growing, Harvesting, & Marketing Basics

Year-Round Micros Production for Profit

Tech Sheet: Shoots Production

Growing resources

Variety trialing

Seed Storage Guidelines

About Our Seeds



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