

Top Questions People Want to Know

What are microgreens?

An easy definition is microgreens are any vegetable plant harvested when it's young.

Why do we want to add these plants to our meals?

They are a super star of nutrition, containing about five times more vitamins than the mature vegetables. and they taste delicious. Add microgreens to smoothies for added nutrition and a mild taste.

Why do we want to grow them?

They are very expensive to purchase in the store, and they are so easy to grow at home.

Can they get any diseases? Being planted densely, microgreens may develop problems such as damping off because of poor air circulation and saturated media.

How can I prevent these problems? Ensure air movement with horizontal airflow fans, use clean media and water sources, and use appropriate seeding density.

How can we use them?

Microgreens can be added to sandwiches, stir-fry dishes, mixed with salads, or for adding a “pop” of nutrition or fresh flavor to any dish.

What are some of the quickest growing microgreens?

Fast-growing microgreens are varieties ready to harvest in 10–15 days. They come in all kinds of colors from dark to light green, white, pink, red, and purple. Their flavors range from peppery or spicy to the sweeter, milder brassica flavors of cabbage and kale.

What microgreens are good for a novice gardener?

Radishes This quick starter can be harvested within 10 to 12 days after sowing. The bright stem and leaf colors are so attractive.

Peas have delicate sweet pea-flavored shoots with asparagus-like flavors. For pea shoots, let them grow a little longer and a little taller.

Swiss chard. Grows in a rainbow of colors and are like beet greens but milder.

Mustard has a strong flavor punch and comes in several different varieties.

Beet greens add a crisp bite and have a spinach-like flavor, but usually take about 18 days until harvesting

Corn microgreens are sweet; sunflower greens have hints of roasted nuts. Harvest corn sprouts as they turn from yellow to green

Are there slow growing microgreens? Slow-growing microgreens are varieties that are ready to harvest in 16–25 days. The slow-growing microgreens feature both vegetable and herb varieties.

Can I buy mixed seeds such as Italian herbs? Some companies sell seeds that are mixed microgreens. Each variety in the mix will mature at approximately the same time, for a once-over harvest. Choose a mix based on color or flavor.

How can we store them? Shelf life ranges from 5-10 days under proper storage conditions. Microgreens must be washed before serving.

For More Information See:

http://gardenclub.homedepot.com/vegetables-grow-microgreens/?cm_mmc=SEM%7cTHD%7cgoogle%7cD24+Paint&mid=sESWFyjNs%7cdc_mtid_8903rn225192_pcrd_254340303797_pkw_pmt_b_product_slid_&gclid=CjwKCAjww6XXBRByEiwAM-

<http://www.johnnyseeds.com/growers-library/vegetables/microgreens/microgreens-key-growing-information.html>

<http://www.johnnyseeds.com/vegetables/microgreens/>

<http://www.johnnyseeds.com/vegetables/microgreens/microgreen-mixes/>

<http://www.johnnyseeds.com/vegetables/microgreens/microgreen-herbs/>

<http://www.johnnyseeds.com/vegetables/microgreens/fast-growing-varieties/>

<http://www.johnnyseeds.com/vegetables/microgreens/slow-growing-varieties/>

