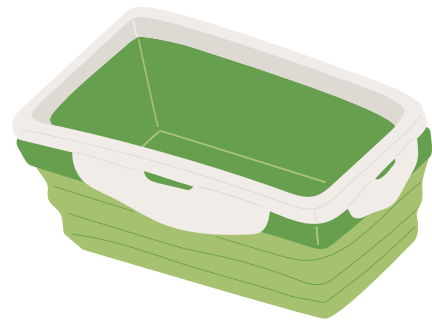


# Microgreens Growing Guide



Brought to you by: UBC Climate Action Mobilizers  
Growing Guide adapted from Million Gardens

## What's in your little garden?



Container



Fiber Mats



Seed  
Packets

## Let's get started

1

### Pick your seeds

Each seed is unique, so do your research and make sure you follow the right steps!

2

### Give them a soak

Some seeds, such as sunflower and coriander, need to be soaked for a few hours before planting them

3

### Find a spot

Choose a warm place, with good air flow and some light - a windowsill is perfect!

4

### Join the community

Share your progress with other UBC students through the Discord channel



## Let's get growing

Day 1

### Tuck them in

1. Add the fiber mat to your container - make sure the white side is on the bottom
2. Soak the mat in water, then drain any excess
3. Drain off your seeds (if you soaked them) and spread them on the mat - make sure they aren't on top of each other
4. Give your seeds some darkness and a little weight - a heavy cloth works perfectly

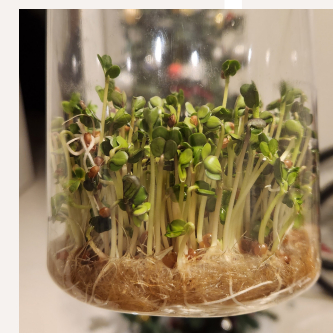


Day 3-10

### Let them grow!

Follow these 3 rules:

1. Water your microgreens daily - keep the mat wet, but don't drown them!
2. Make sure they get lots of light
3. Rotate your container daily - this will help the microgreens grow straight



Day 1-3

### Support the sprout

1. Over the next few days, keep your seeds covered and let them germinate
2. Make sure to add a little water every day (it's best to do this with a water spray)
3. You will begin to see little white hairs (root fibers). When the roots reach about 1 inch, remove the cover and give them some light!



Day 10

### Harvest time!

1. Take some scissors and chop your microgreens just above the fiber mat
2. Wash and dry them - a kitchen towel works!
3. Keep the microgreens refrigerated in a sealed container for up to 5 days



## Tips & Tricks

Slow Grow? Give your microgreens a boost by...

- Moving your tray to a warmer place
- Emptying any extra water adding new water daily
- Adding an extra lamp or moving them to a brighter place

Sad seeds? Nothing happening or they are looking moldy? Make sure that...

- the mat is wet and there's no excess water
- your seeds are covered and in a warm place
- there is plenty of air flow

