



WELCOME to the wonderful world of growing your own **microgreens**! This kit has everything you need to get started, and you can check out our website, www.serendipityfarm.net/microgreens, if you're looking for additional tips and tricks or are interested in continuing on with this fun activity at home, or wherever you find yourself craving fresh greens.

GROW. Eat. Repeat.

Getting Started

- Place the soil wafer into the container and add ¼ cup of water. Watch that baby grow!
- Once the whole wafer has been saturated, pat the soil down evenly.
- Take the seeds and gently scatter them onto the soil as evenly as possible (sunflower seeds and pea seeds are soaked prior to this step—see additional information below).
- Mist the seeds well and close the lid.
- Place the container in a location out of direct sunlight. A counter or cabinet would do.
- Check on it and mist 1 -2 times per day, or anytime the soil looks dry. Seeds should germinate within **2-3 days**.

Taking care

- Once seeds have germinated, or sent their roots down into the soil, take off the lid and place in a sunny spot. A sunny windowsill works great, but anywhere they can get direct light.
- Mist the tray 1 or 2 times per day for about **5 days**, or until the greens reach your desired height.

Harvest and Storage

- Greens are ready to harvest once they're above the height of the container and before they begin to grow their first true leaves (their first set of larger leaves), typically within 7-12 days from the planting date.
- To harvest, hold a handful of greens and cut or slice the greens about a ½ inch from the soil.
- Lightly rinse any soil from the greens if need be.
- Place greens directly onto your plate or meal, or put into a container to store in the refrigerator. Plastic or glass container work well, or a small, plastic bag would do.
- Greens should keep for up to 1 week post harvest.

Next steps

→ You loved this and want to grow some more!

- Order some new seeds! Check out our website for a list of available seed varieties and additional tips and tricks to growing great microgreens! www.serendipityfarm.net/microgreens. Seeds can typically be shipped by the next business day and would include new soil wafers.
- Compost your previous soil, rinse out the container with a diluted white vinegar and water solution, place a new soil wafer into the container and go from there!

→ This was fun, but isn't for me.

- Compost your soil as well as your container (yes—they're compostable!), repurpose your mister, and recycle all of these paper materials. Hope you enjoyed your harvest!

Grower's Notes

*Having good airflow is helpful to reduce the risk of mold.

*Soak pea and sunflower seeds in 2 cups of water for 6-8 hours before planting. Drain, and scatter seeds onto the soil evenly.

*Root hairs appear during germination and sometimes look like mold. Keep watering when the soil looks dry and don't worry!

*If mold does arise, you'll notice a patch of your greens starting to wilt. Mist with a diluted hydrogen peroxide solution (1 part household hydrogen peroxide to 4 parts water), killing the mold. Continue watering on the typical schedule.

*Sometimes sunflower seeds hold onto their seed hulls. No problem! Just pull the seed off before harvesting your greens.

Don't hesitate to reach out to us if you have any questions, comments or concerns. Jess Boynton, jess@serendipityfarm.net

Happy Growing!!