

Microgreens

The Super FOOD



Sprouts vs Microgreens vs Babygreens



vs



vs



Sprouts:

Germinated seeds
with emerging root



Microgreens:

2-3 inches in height;
7-21 days



Baby greens:

4-6 inches in height;
21-40 days



Why Grow Microgreen



Growing your own MG brings a small farm into your homes



Truly Organic, Controlled environment with enriched SOIL



No degradation of Nutritive value as time lapse is negligible



20 to 50 times more nutritious than a matured leaf



Non seasonal



Material



🌱 A shallow Container even recycled

🌱 Preferably not earthen

🌱 Super enriched growing medium

🌱 Dressing material

🌱 Viable seeds

🌱 Neutral water

🌱 Cover

🌱 Cosy environment



How to Grow



- 🌱 Prepare the container with proper drainage
- 🌱 Place the growing medium evenly and press
- 🌱 Drench it completely with water and let it drip for the first time
- 🌱 Spread the seeds densely
- 🌱 Dress it with Leaf mold to cover and press gently
- 🌱 Spray water and wet the top
- 🌱 Cover it to retain warmth and darkness
- 🌱 Water it daily twice



Managing

**Till Germination
to be in Dark**

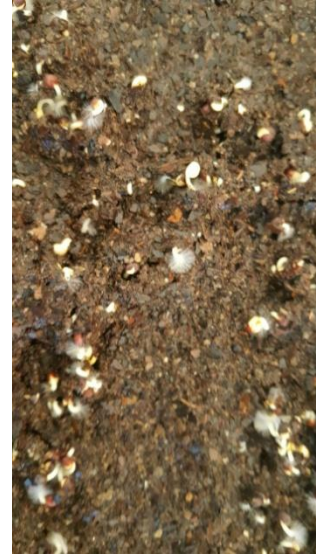
**After Germination
Requires 2-3 Hours of
Diffused Sunlight**

**Craters or
Unevenness can be
filled with
Leaf Mold**

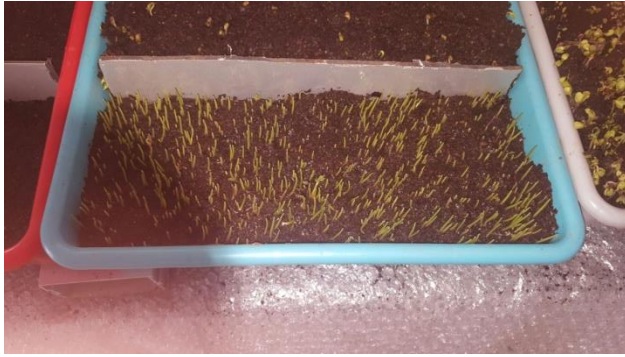
**Watering will
take care of
White FUZZ**



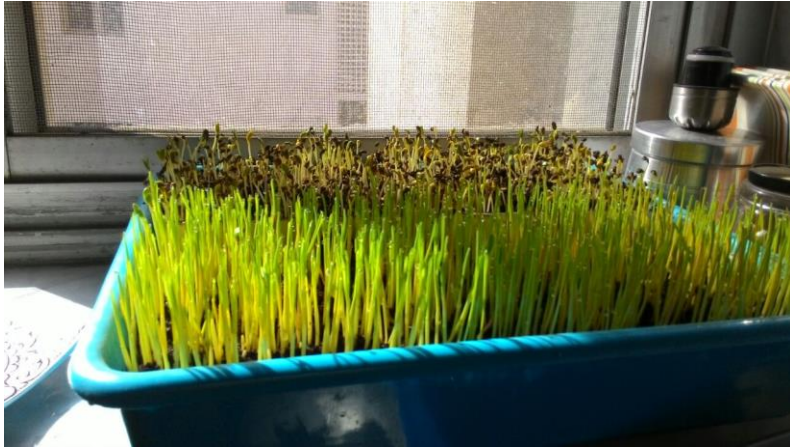
Different Stages



Different Stages



Different Stages



Storage



- ✿ Wash them in a Tray of Cold water
- ✿ Put it on a plate to examine
- ✿ Dry it preferably with a small fan
- ✿ Put them in ZIP Lock/Container with a little air and refrigerate
- ✿ Can stay for 3 – 4 days



TAKE THE FIRST STEP OF
BECOMING A FARMER

