



# Microgreens

Microgreens are the seedlings of young salad leaves, vegetable and herbs, which are harvested and eaten around one to two weeks after sowing. They are perfect for sowing on a rainy day and can be grown inside on a sunny windowsill or in a greenhouse. Microgreens are very popular in restaurants! They are a great way of growing and tasting lots of different vegetables in a short time.



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## What you need

- Suitable seeds (Suggestions include basil, coriander, rocket, lettuce, radish, red cabbage, kale, broccoli, Swiss chard, spinach and mustard)
- Seed trays
- Seed compost
- Water spray bottle

## What to do

1. Fill the seed trays with seed compost and level off the surface.
2. Spray the surface of the compost with water.
3. Thinly sprinkle the seeds on the surface of the compost. Try not to let the seeds touch each other, but they do not need to be widely spaced apart. They will only grow very small before you pick them.
4. Cover the seeds with a thin layer of compost.
5. Place the trays on a sunny windowsill or in the greenhouse.
6. Regularly spray the trays with water to keep the compost moist, but not wet.
7. Your microgreens will be ready to harvest when the seedlings' first true leaves appear. They will get their seed leaves first - the true leaves will look like the actual leaves of the plant.
8. Use scissors to cut the microgreens just above the level of the compost, wash them and eat them.

## Ways to extend this activity

Challenge children to work out the cost of growing the microgreens and decide on a price for a bag of microgreens. Sell them to parents or members of staff. Children could design some restaurant-style meals using their microgreens. They could investigate the health benefits of eating a variety of vegetables.