

How to Grow Microgreens at Home Using Your Microgreens Kit

Each kit includes:

Instruction sheet
1 plastic bag with contents inside (save this)
1-5 inch by 5 inch growing tray
2 bags dirt for 2 growings
1 small bag with seeds* for 2 growings
Business card: Big Picture Health

Other supplies you will need:

Water bottle for misting
Small bowl
Tablespoon measurer
½ cup filtered or de-chlorinated water
Plastic lid or plate to set tray on later
Clean scissors to harvest microgreens

*The spicy salad mix contains: Contains: Broccoli, Kale, Kohlrabi, Arugula, Red Cabbage & Southern Giant Mustard

Directions:

1. Open one bag of dirt. Take out about 2 tablespoons of dry dirt and place it in the small bowl for a couple of minutes. Add ½ cup water to the bag and mix around until evenly moist. Set the growing tray on a paper towel to limit the mess and pat the dirt evenly and lightly into the bottom of the tray.
2. Sprinkle ½ of the seeds (just guess) evenly over the wet dirt. Then sprinkle the reserved dry dirt over the seeds and mist the top with water until evenly damp.
3. Place tray in the plastic bag the kit came in and loosely close or fold over. Set in a warm place.
4. Mist the seeds once or twice a day so that you see condensation on the inside of the bag.
5. Once the seeds sprout, remove the tray from the bag. Place tray on a plastic lid or plate in a well-lit sunny area of your house. Save the bag for your second kit.
6. Add water to the plate or lid as needed to keep the dirt moist. This is a bottom-up method of watering. Mist the seeds from the top once daily. Add enough water to the plate or lid to be absorbed within 10 minutes. Dump off any excess standing water.
7. Harvest when the microgreens are 2-3 inches high, or just before they get their second set of two leaves (7-14 days). This varies based on the type of microgreen. Trim them off near the dirt using a pair of clean scissors. Rinse before eating.
8. Clean your tray and start your second batch with remaining bag of dirt and seeds.

If you decide growing microgreens is not only a blast but a great way to get some amazing and tasty “locally” grown nutrition please see the blog post at Big Picture Health for more information, FAQs and links to two great websites that provide kits, seeds, growing lights and more. Here is the link: [Big Picture Health Blog Post](#). OR you can type in: (<http://www.bigpicturehealth.com/how-to-grow-nutrient-packed-microgreens-at-home/>). Or you can visit www.bigpicturehealth.com and look under the Blog tab.

Wishing you the best on your journey toward health, ~Tracey

