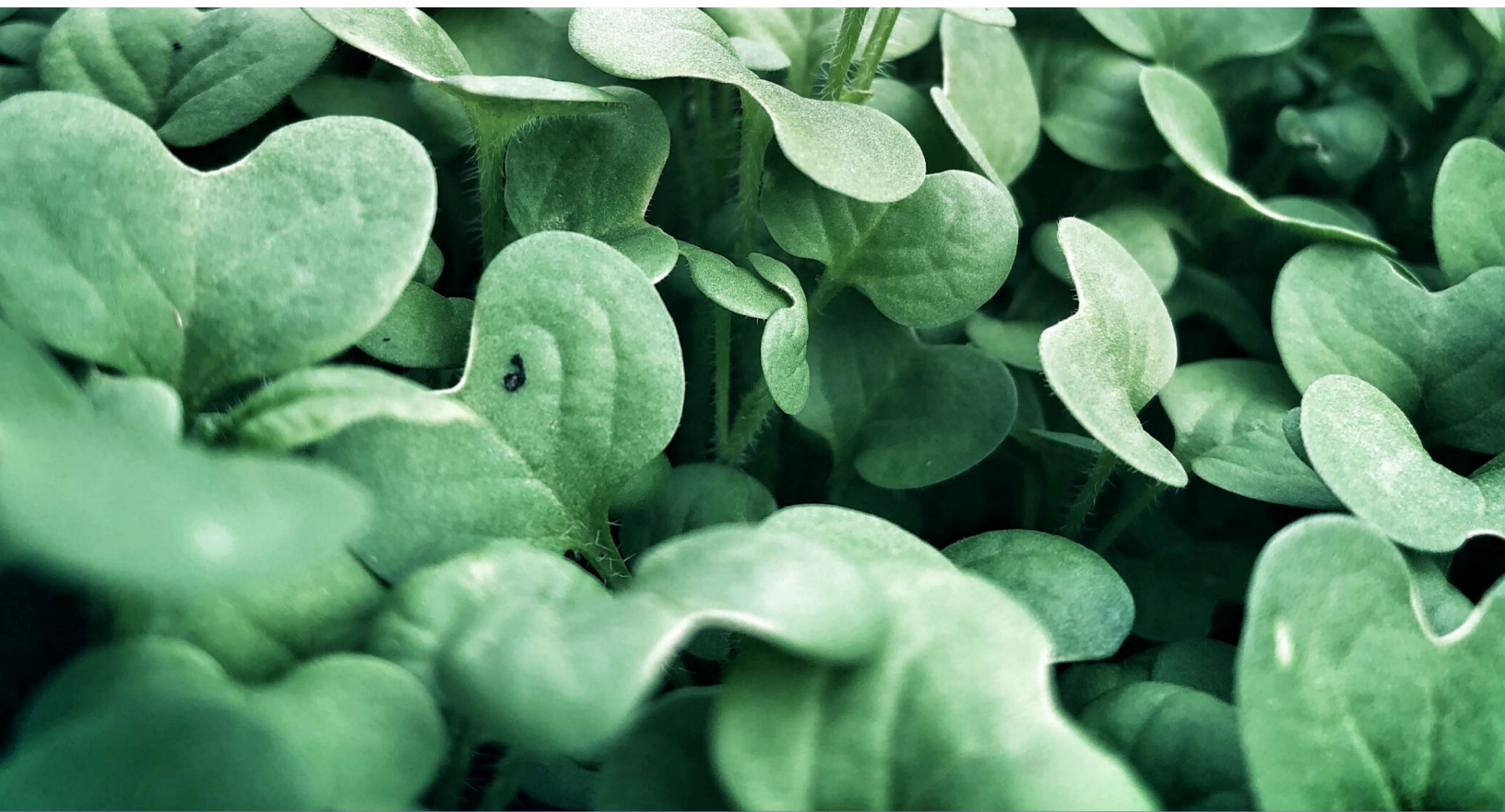


GROWING
MICROGREENS
AT HOME IN WINTER

BY PETRA PAGE-MANN





WHY WE LOVE GROWING MICROGREENS

In the middle of winter, in the cold and the dark, the spark of life that is the seed brings us to our knees.

Especially in this time, when so many children think of food as a grocery store more than soil, one of the most powerful things we can do to reconnect with ourselves, each other and our world is to reconnect with our food.

Growing microgreens brings this remembrance, fresh and delectable, to our plates in the seasons we crave it most -- in the deep of winter -- nourishing us in ways calories cannot count.

I've grown countless microgreens across the years and my hope for this ebook is to surround you with joy and abundance, avoiding some of the heartache I learned the hard way :)

Sow Seeds & Sing Songs,





YOUR MICROGREENS CHECKLIST

~ seeds

~ potting mix

~ container

~ water

optional yet optimal:

~ heat mat

~ grow light

~ a way to record planting dates, harvest
dates & all your learnings :)

WWW.FRUITIONSEEDS.COM



SEEDS

choose varieties with quick germination & large, delicious cotyledons

THE FASTEST

The wide brassica family is by far the quickest, most consistent microgreens there are. Their circular seeds have diagnostic and nearly identical cotyledon leaves, making kale and cabbage equally exquisite microgreens. Here are a few of our favorites:

- Kale
- Arugula
- Broccoli
- Brussels Sprouts
- Cabbage
- Radish
- Bok Choi & lots of other Asian greens
- Rapini

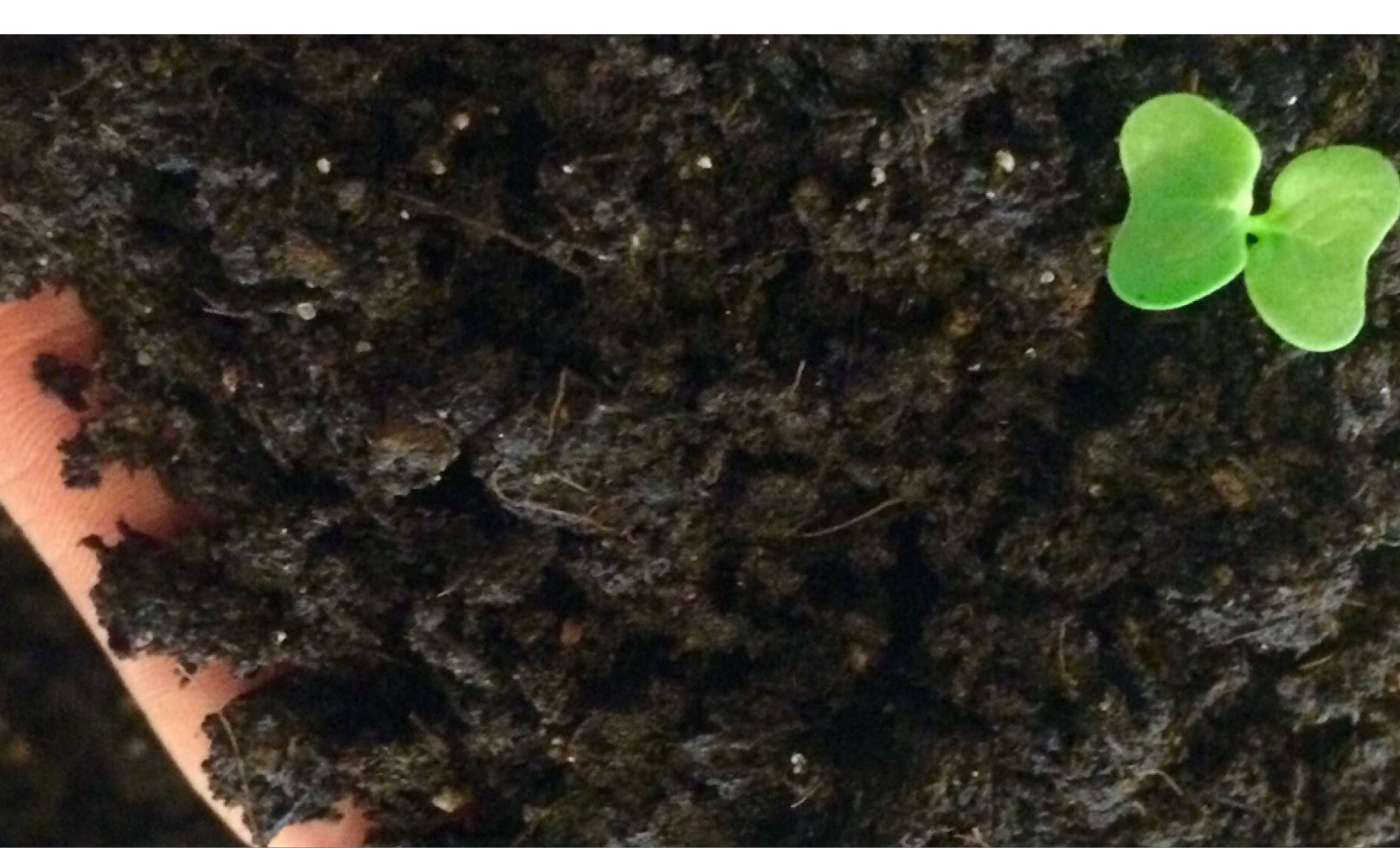
THE MOST DELICIOUS

Though a bit slower than brassicas, these have extraordinary flavor:

- Sunflower
- Basil
- Dill
- Cilantro
- Beet

THE MOST SATISFYING

For me, the most satisfying microgreens we grow are from old brassica seeds potentially losing germ that I'd rather not plant in our garden, but they're perfect to sow densely for microgreens :)



POTTING MIX

Though any potting mix will do, the richer the soil the more vigorous and nutrient-dense your microgreens will be. Your soil will be that much more re-usable, too.

DON'T...

Though microgreens need more of a growing medium than abundant nutrients, resist the urge to sow them in pure peat moss or coconut coir. With peat, the low pH will limit their growth; with coir, there are too few nutrients. And like all seed starting, garden soil is too dense.

...DO!

Microgreens are the only instance I don't discourage folks from using cheap, conventional potting mix, though I always prefer organic, compost-based nutrients, without question. Higher nutrient mix also increases your ability to re-use the soil for your next succession of microgreens.

FYI: FRUITION'S DIY POTTING MIX!

A rich diversity of both macro- and iacro-nutrients, our DIY Potting Mix is economical way to make 80 quarts of nutrient-dense potting mix perfect for growing greens indoors as well as nourish seedlings in spring. Check out our recipe on the next page! Your seeds will know the difference :)

Fruition's DIY Seed Starting Mix

RECIPE

first, combine:

10 quarts well broken-down peat

10 quarts fine compost

separately, combine:

7 quarts perlite

1 cup DIY seed starting mix

mix all ingredients thoroughly

for full instructions & a video tutorial, enjoy our blog:

Make Your Own Seed Starting Mix

We use this potting mix for:

- ~ microgreens & baby greens indoors
- ~ seed starting (especially soil blocking)
- ~ potting up transplants & houseplants

find our DIY potting mix at

WWW.FRUITIONSEEDS.COM



CONTAINERS & KEEPING IT SIMPLE

Any container that holds soil and drains well can grow microgreens! Since they don't need many nutrients, shallow containers are often the most space/cost efficient choice.

We use seedling trays with holes, nested in a bottom tray without holes.
(Baking pans with edges make great bottom trays, too!)

ON WATER & WATERING

Pro-Tip: Warm water is marvelous for both your seeds and your hands :)

First things first: Thoroughly moisten your potting mix prior to planting, since watering after sowing often displaces soil & seeds.

Second things second: The less you water your microgreens from above the better! Bottom-watering allows moisture to stay at the roots, where it's needed most, decreasing your susceptibility to damping off.

Occasionally I'll spray the top of the soil if it's dry & seedlings haven't emerged yet. It's adding water to emerged stems and leaves that I avoid at all costs!



HOW TO SOW

- ~ Fill container with thoroughly moist potting mix, not so wet that a handful drips, up to 1/2 inch below the rim. Gently tamp flat so seeds will emerge at approximately the same rate.
- ~ Sow seeds densely, leaving about the space of the seed itself between seeds,
- ~ Sow different varieties in different containers to keep growth even in a given container. Trust me!
- ~ Just barely cover your seeds with thoroughly damp potting mix, again tamping gently to ensure great soil-seed contact and quick germination.
- ~ Turn your light on immediately! Many brassicas emerge within 24 hours, especially on a heat mat :)

optional yet optimal:

HEAT MATS & GROW LIGHTS

PROS

- ~ microgreens & baby greens grow much more quickly
- ~ here in Zone 5, we enjoy them for microgreens Nov - March and for seed starting April - May
- ~ they'll likely last your lifetime
- ~ they significantly decrease your susceptibility to mold & damping off
- ~ increase phytonutrient capacity

CONS

- ~ they cost money (though well spent, read the reviews on our website!)
- ~ they're just another material thing, so be sure to use them wisely and generously
- ~ trays on heat mats dry out faster, so vigilance is essential :)





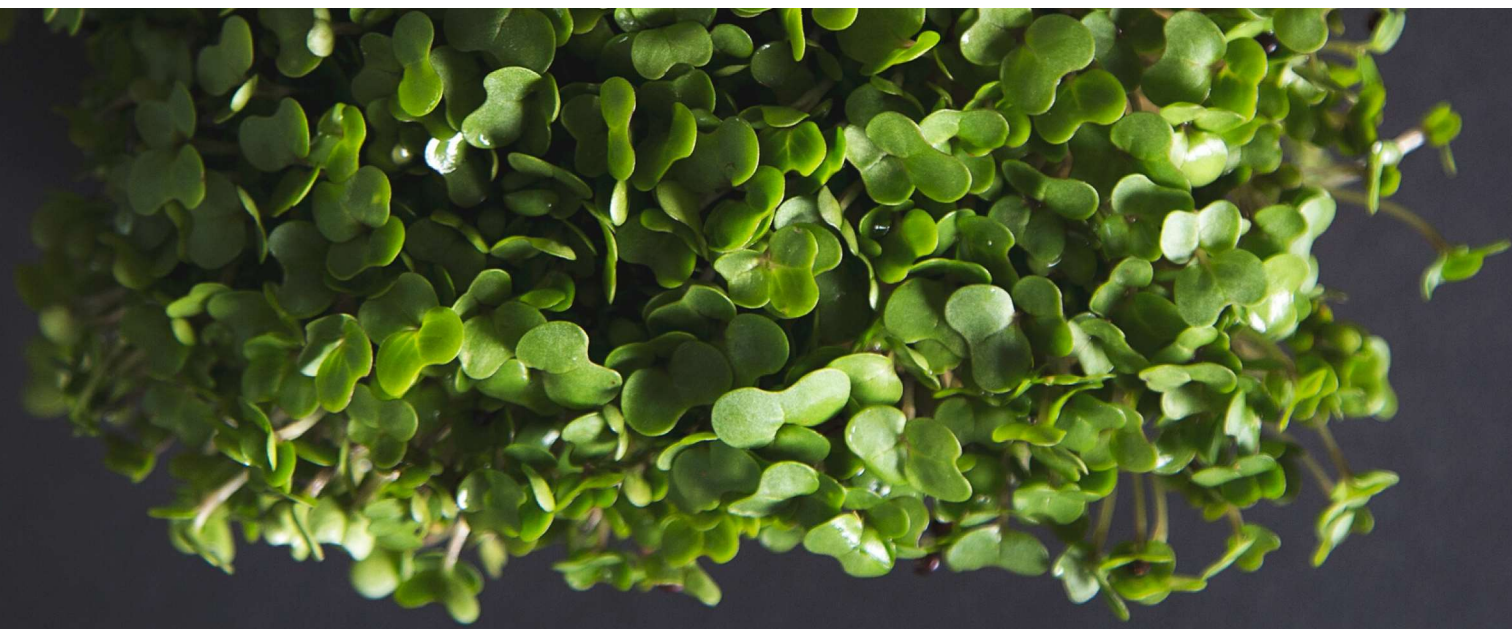
RECORD WHAT YOU LEARN

There's no one way! Spreadsheets are awesome and scribbled notes will always have their place, but keeping such records clear and easy to access is why we made Across the Seasons, our perpetual calendar. It shares dates without days of the week, so your recordings are relevant beyond a single growing season, making it easy to see emergent patterns and surround yourself with even more abundance.

For our microgreens, we record:

- ~ Varieties sown & date sown*
- ~ harvest date*
- ~ observations*

(ie, be more vigilant for bottom-watering, sow less densely, basil is delicious!)



5 COMMON MISTAKES

& their easy solutions

~ PLANTING TOO DENSELY ~

Increases your susceptibility to damping off. Solution: Plant no closer than the seeds' spacing between seeds, so there's ample space for air flow between plants.

~ SLOW GERMINATION ~

Solution: Choose varieties with quick germination (brassicas are at the top of the list!) and use a heat mat for the jump-start germination.

~ PALE, LEGGY & LEANING GREENS ~

You need more light, my Friend! Not all lights are optimal for plant growth; you'll find the best one we've found on our website, www.fruitionseeds.com.

~ DAMPING OFF ~

Is the WORST! The bacteria & fungi 'damping off' your microgreens thrive in high humidity & low air flow. Solution: Grow on a heat mat & sow less densely.

~ DRYING OUT ~

Solution: Two things! First, sow into thoroughly moist potting mix. Second & most importantly, nest your growing tray in a non-draining tray/cookie pan so you can 'bottom-water,' keeping the non-draining tray constantly moist, wicking up moisture straight to the roots. Spray the dry top soil but not after emergence!

HAPPY PLANTING!



Growing, eating and sharing our abundance of microgreens all winter is one of our greatest pleasures!

May these keys we've learned throughout the years surround you with beauty and abundance for many seasons to come :)

Sow Seeds & Sing Songs,