Choose The Right Seeds
Go for organic, untreated seeds. Try to find sources that are produced specifically for microgreens and sprouts.

Choose The Right Containers
Your best option are containers that are lightweight, shallow, and wide. They should have holes in the bottom that allow for proper drainage. You can use microgreen trays, or many DIY options (get creative!)

Choose The Right Soil
A good seed-starting mix is often the best bet for growing microgreens. Aim for organic options - these may include ingredients such as peat moss, perlite, coco coir, etc. Experiment with different brands and options.

Sowing & Germinating
Sprinkle seeds over ~4cm of soil. Lightly cover with soil (sift with a strainer). Water and press the soil down, ideally covering with an even surface and a weight. Allow to sit covered in a “blackout period” for at least 48-hours.

Growing Microgreens
Following germination, allow your microgreens to photosynthesize. Choose an area near a window, use a grow light, or place them outside where they will receive some light. Water them every day or so (bottom watering).

Harvesting & Storing
Once your microgreens have their first 'true leaves', it's time to harvest. Cut them off at the stems. Consume immediately and/or store in the refrigerator.