



100% Certified Organic, Non-GMO Project Verified Seeds



# MICROGREENS



Microgreens are young, tender greens harvested just as they grow their first set of true leaves. They are seeded at a high density and then clipped just above the soil line when they're about 2" tall. They are an excellent addition to any production model, as they can be grown year-round in any season.

## Materials

- Trays (10" x 20" flats recommended)
- Soil mix
- Tray covers (plastic domes recommended, but any material that will hold moisture in will work)
- Heating Mats\*
- Fans\*
- Supplementary lighting\*
- Sharp scissors or greens harvester (if scale is appropriate)

\*These items are optional and may only be necessary when growing in extreme conditions such as high heat, freezing outdoor temperatures and/or low light.

**Seeding** Seeding rates vary based on crop type and seed size. As a rule of thumb for larger seeds (i.e. beet, chard): use ½ cup per 1020 tray. As a rule of thumb for smaller seeds (i.e. arugula, broccoli, radish, kale): use ¼ cup per 1020 tray. Distribute seeds evenly over a soil-filled tray; there should be 8-12 seeds per square inch. They will be snug, perhaps touching, but not overlapping. Press seeds into soil and cover either with a light sprinkling of soil or vermiculite. Gently water and cover with a dome to maintain humidity during germination. Covers can be removed after 2-3 days or when seedlings start to emerge.

**Plant Care, Disease & Pests** The most critical element of microgreens production is maintaining even, consistent

watering. Many growers choose to water microgreens from below to minimize the risk of lingering moisture facilitating mold.

## Harvesting and Planning Successions

Harvest times vary based on crop type, days to true leaf, grower preference and market demand. See our table on the reverse side of this flyer for specific varieties' days to true leaf. Using a sharp pair of scissors or a greens harvester, cut greens just above the soil line, wash and package according to your market needs. Handle gently, as greens are tender. Microgreens can also be sold as entire trays or flats for customers to harvest just before use.

Because microgreens mature quickly and yield only one harvest per seeding, planning succession plantings is necessary. To make a custom blend, it is important to consider maturity rates when selecting seed, i.e., radishes and mustard greens tend to grow quickly and may be ready in 10-15 days, whereas carrots and beets mature more slowly and may take up to 20 days before they are ready to harvest.

**Marketing** Microgreens can sell well in any market if they are presented correctly. Their quick growth and seasonal adaptability can help to bring in revenue and maintain relationships with customers year-round. Originally sparked by an interest from chefs, the popularity of microgreens is now growing among home cooks for bringing flavor, color and texture to a wide variety of dishes. Encourage your customers to use microgreens as the base for a salad, as an addition to sandwiches, or as garnishes for almost any dish, and educate them about the high nutrient density of these mighty little greens.

**HIGHMOWINGSEEDS.COM** | toll free (866) 735-4454 | **Free Shipping!** on orders over \$200



# Microgreens

Organic microgreens in a variety of shapes, colors & flavors



**ARUGULA**



**BASIL**



**BLAZE BLEND**



**BROCCOLI**



**CILANTRO**



**DAIKON RADISH**

Item Code	2010-QMG	5000-QMG	1724-QMG	1734-QMG	1735-QMG	1745-QMG
Flavor	Spicy	Basil	Spicy	Mild	Mild	Spicy
Days to Maturity	16-25	16-25	10-15	10-15	16-25	10-15



**MILD MIX**



**MIZUNA**



**PAC CHOY**



**PRISM BLEND**



**PURPLE KOHLRABI**



**PURPLE SANGO RADISH**

Item Code	1730-QMG	2490-QMG	2515-QMG	2556-QMG	1739-QMG	1737-QMG
Flavor	Mild	Mild	Mild	Mildly Spicy	Mild	Spicy
Days to Maturity	10-25	10-15	10-15	10-15	10-15	10-15



**RED ACRE CABBAGE**



**RED BEET**



**RED CARPET MUSTARD**



**RED LACE MUSTARD**



**RED RAMBO RADISH**



**RED RUSSIAN KALE**

Item Code	1738-QMG	2290-QMG	2504-QMG	1750-QMG	1741-QMG	2530-QMG
Flavor	Mild	Mild	Spicy	Mildly Spicy	Spicy	Mild
Days to Maturity	10-15	16-25	10-15	10-15	10-15	10-15



**RED VEINED SORREL**



**SILK ROAD MIX**



**SPICY MIX**



**TAT SOI**



**TOKYO BEKANA**



**TRITON RADISH**



**WASABINA MUSTARD**

Item Code	2499-QMG	1725-QMG	1733-QMG	2510-QMG	2501-QMG	1716v-QMG	2503-QMG
Flavor	Tangy	Mildly Spicy	Spicy	Mild	Mild	Spicy	Spicy
Days to Maturity	16-25	10-15	10-15	10-15	10-15	10-15	10-15

For pricing and current availability go to [highmowingseeds.com/vegetables/greens-micro.html](https://highmowingseeds.com/vegetables/greens-micro.html)

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