

How To Grow Microgreens

(See back of seed package for specific instructions)



1

SOW - Fill planting tray with moistened potting soil. Broadcast seeds over the surface and gently press into soil. Cover with a light sprinkling of soil, then water and place a plastic dome over the tray to hold moisture.

2

GROW - Once seedlings emerge, remove plastic dome. Water periodically to maintain moisture. Keep tray in bright, natural light.



3

HARVEST - After 10-15 days, clip stems with sharp scissors just below the first true leaves and enjoy! (Or, wash and store in the fridge for 5-7 days)



100% Certified Organic, Non-GMO Project Verified Seeds

MICRO 101

Why Grow Microgreens?



FAST – Microgreens are ready to harvest in **just 10-15 days**, much faster than garden crops, and they can grow indoors!

FRESH – Homegrown microgreens provide **the freshest possible harvest** – you can clip and wash them right before you plan to eat!

NUTRITIOUS – Microgreens often contain several times the density of **important nutrients** when compared to their full-size counterparts.

DELICIOUS – Favored by chefs and home cooks alike for **adding flavor, color, and texture**, our organic and non-GMO microgreens are available in several delicious varieties.



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Learn more at highmowingseeds.com/micro

**FLIP OVER TO
LEARN HOW
TO GROW!**