

Grow Your Own Microgreens & Sprouts

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Systems for Sprouts			
	Description	Company	Available through
DIY: Mason jar	Sprouting in jars + cheese cloth	NA	Home hardware, superstores
Countertop sprouter		e.g. Chef'n	Westcoast seeds, Amazon
Tiered sprouter	Plastic or clay mesh trays with easy watering procedure	e.g. Biosta	Westcoast Seeds, Amazon
Electric sprouter	Electric watering and temperature	e.g. LeJoy Garden, FreshLife	Online
Systems for Microgreens			
DIY: Tray or double system tray	Tray with seed starting mix using natural light	NA	Garden centres, hydroshops, home hardware
Grow lights	Flourescent T5 or LED	Various	Hydroshops, garden centres, IKEA, online
Containers and light system	Compact containers with adjustable grow lights	e.g. Growlight Garden, Aerogarden,	Westcoast Seeds, hydroshops, online
Auto indoor growing system	Kitchen appliance for automatic hydroponics	Urban Cultivator	Urban Cultivator



Recommended seeds for microgreens/sprouts:

	Sprouts or Microgreens	Soaking	Comments
Sunflower	Microgreens	Yes	Can be purchased as birdseeds
Peas	Both	Yes	Can be purchased in grocery stores
Buckwheat	Microgreens	Yes	Can be purchased in grocery stores
Mung beans	Both	Yes	Can be purchased in grocery stores
Wheatgrass	Microgreens	Yes	Prone to mold - keep aerated
Beetroot	Microgreens	Yes	Beautiful red stems. Slow sprouting
Chickpea	Sprouts	Yes	Can be purchased in grocery stores
Lentils	Sprouts	Yes	Can be purchased in grocery stores
Alfalfa	Sprouts	No	
Broccoli	Both	No	
Cabbage	Microgreens	No	
Cress	Microgreens	No	Mucilaginous
Arugula	Microgreens	No	
Kale	Both	No	
Radish	Both	No	Strong radish flavour
Mustard	Both	No	Can be purchased as spice
Basil	Microgreens	No	Mist frequently till germination. Slow sprouting

Online resources

1. Local organic seeds and growing equipment <https://www.westcoastseeds.com/>
2. Sprouting and microgreen seeds (from Saskatchewan) <http://sprouting.com/>
3. Trays, seed-starting mix and grow lights <http://jonsplantfactory.com/>
4. Online sprouting and growing supplies <http://www.sproutmaster.com/>
5. Vancouver based online microgreens course <https://urbanmicro.ca/> + a few free videos
6. <https://www.bootstrapfarmer.com/blogs/microgreens/how-to-grow-microgreens-101>
7. <http://www.johnnyseeds.com/growers-library/vegetables/micro-greens-comparison-chart.html>
8. Microgreens free tutorial <http://www.themicrogardener.com/wp-content/uploads/2013/10/Guide-to-Growing-Microgreens-Free-Tutorial-Download.pdf>
9. Local microgreen business: Sky Harvest <http://www.skyharvest.ca/>

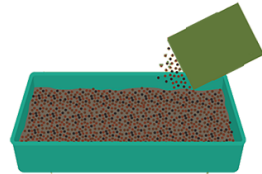
Invivo Design <http://www.invivo-design.com>

Microgreens How-To

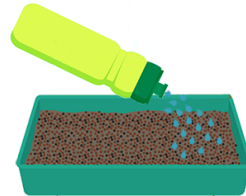
Fill a tray with fine, sterile seed-starting mix. Lightly compress



Sprinkle small seeds or scatter pre-soaked large seeds in one layer and press down for good contact with the soil



Water gently using an empty ketchup bottle or sports water bottle to make sure the soil is wet, but not soaking



Cover with lid or cutting board to maintain moisture and darkness and place in a warm spot. Spray once or twice a day



Remove cover after 3-5 days, when the seeds sprouted. Place in a well-lit location



Keep watering for 1-2 weeks. Harvest close to the soil with scissors or a sharp knife

