Best 8 Microgreens for the Beginner

from Johnny’s Research & Trialing Team

VIDEO: MICROGREENS PRODUCTION • TECHNIQUES & ROI ANALYSIS

Review fundamentals of microgreens production... Watch Video

Microgreens are a super-quick crop that can be grown year-round. They are also relatively easy to grow, but not entirely foolproof. For beginners, some are more dependable than others.
Out of the dozens of different microgreen selections we offer, we chose these 5 varieties, plus 3 carefully curated mixes, as our top recommendations for those new to growing this crop.

Whether you're looking to add diversity and profitability to your operation or simply to give them a try, here are the best microgreens for getting off to a successful start.

**Microgreen Types**

- Microgreens can be grown from many different types of seeds, including herbs and flowers as well as vegetables.
- You can grow single varieties or mixes of different crop types and varieties.
- If growing single varieties to harvest at the same time, use our [Fast- and Slow-Growing Microgreens Comparison Charts](#) to compare their growth rates and time your sowings accordingly.

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**5 Easy Microgreen Varieties**

1. ‘Garnet Giant’ Mustard
   - Mild, but distinctively mustardy. Dark purple cotyledons contrast with bright green, slightly toothy true leaves.
2. ‘Red Stem’ Radish
   - One of the fastest-growing. Vivid, deep red stems. Radishes are lofty and add weight and volume to micro mixes.
3. ‘Dark Opal’ Basil
   - Colorful mix of purple, variegated, and green leaves. Slightly distinctive garnish. AAS Winner.
4. ‘Cressida’ Cress
   - Spicy pepper flavor. Fancy three-lobed leaves. Excellent fast-growing selection for growers of all abilities.
5. Monogerm Cilantro
   - Frilly leaves. Clean, fresh aroma, subtle flavor. Monogerm is easier to germinate and loses its seed coat more readily than whole-seed cilantro.
5 Easy Microgreen Varieties

If you're ready to get started but prefer to keep things simple, premixed microgreens blends are the way to go.

Micro mix can consist of many different kinds of vegetables — amaranth, arugula, beets, broccoli, cabbage, kale, mizuna, mustards, pac choi, radishes, to list a few — as well as tender herbs such as basil, fennel, and cutting celery.
At Johnny's, careful selection and trialing have gone into the development of our premixed blends, so they reliably provide the advantages of uniform, compatible growth rates, a range of textures and colors, and well-balanced flavors.

We are pleased to offer all three of our easy-to-grow microgreens mixes in both conventional and certified-organic seed.

- 'Confetti' Radish Mix: A new formulation of easy, fast, and colorful radishes.
- Mild Micro Mix: This perennially popular mix combines sweet, mild-tasting brassicas.
- Spicy Micro Mix: A complement of sharper-tasting varieties.

You can offer these mixes individually or combine the mild product with the spicy one post harvest, according to preference.

Next Steps to Success

These are just 8 out of dozens of micros that can be grown year-round.

Once your program is up and running and you've mastered these easy varieties, you may decide to take it to the next level by trying new varieties, diversifying and customizing your mixes.
Our 'Rainbow Sprinkles' Beets & Chard Mix might be the next best step up on your microgreens learning curve!

Based on what grows well for you and what you like best, you can experiment over time and develop your own signature mix.

Learn More

If you'd like to get started now, the following resources will show you how.

- [Guide to Year-Round Microgreens Production](#) • Article
- [Johnny's Microgreens Brochure](#) • Printable 4-pp PDF
- [Microgreens Production Techniques](#) • Video
- [Johnny's Microgreens Tech Sheet](#) • PDF