Microgreens are easy to grow, quick to produce, require only a small investment. Although they are “micro”, their nutritional values can be through the roof. You will find a wide range of flavors among them. You can use them in salads, soups, drinks, smoothies, sandwiches or even use them for garnishes. Their unique flavors kick up any dish and their vibrant colors are pleasing to the eye.

Here are our Top Ten Microgreens and how you can grow them and use them, along with some interesting nutritional information.
Alfalfa

How to Grow:

Alfalfa microgreens prefer to be grown hydroponically. Do not pre-soak the seeds, and use about 1 ounce of seeds per 1020 tray. Use a blackout dome 3-5 days. At Day 3 and 4, flip the lid onto your growing crop to enhance strength of the plant. You will notice germination around 1-2 days with an estimated time to harvest being 8-12 days. These microgreens have large, deep-green leaves with mild crunch and flavor.

How to Use:

Add to salads or sandwiches for a crunch.
**Beet**

**How to Grow:**

The Beet microgreen prefers soil as its growing medium. Pre-soak about 1.2 ounces of seeds for 8-12 hours in cold water. The blackout period for these microgreens is 6-8 days and germination will occur 3-4 days. The estimated time to harvest is 10-12 days and your crop will have green leaves and dark red stems. Detroit Dark Red Beet microgreens have an earthy flavor. When harvesting, be sure to cut closely to the soil line so as to feature the beautiful red stem.

**How to Use:**

Top off your beet hummus toast with beautiful Detroit Dark Red microgreens as a treat to your eyes and tastebuds.

Buckwheat

How to Grow:

Buckwheat microgreens prefer soil for their growing medium. The seeds need to be soaked in cold water for 12-24 hours before planting, and then rinsed well. Plant about 12 ounces (or 1 ½ cups) of seeds per 1020 tray. Use the blackout lid for 3-4 days and continue to mist during the blackout to ensure soil stays damp but not soggy. Germination will occur in 1-2 days after planting and estimated time to harvest is 6-12 days. Early leaves may appear to be yellow, but will become green in sunlight. Be careful in harvesting your plants before gently rinsing and drying. Buckwheat microgreens are pale green with a tangy flavor.

How to Use:

Buckwheat is a great option to anyone who is gluten-free. A small handful of these makes a great snack on their own.

Nutritional Benefits:

Buckwheat microgreens are being studied for their potential anti-inflammatory compounds. [https://www.ncbi.nlm.nih.gov/pubmed/19060399](https://www.ncbi.nlm.nih.gov/pubmed/19060399)
**Clover**

**How to Grow:**

The Clover microgreen prefers to be grown hydroponically. You will use about 1 ounce of seeds per 1020 tray, and no need to pre-soak them. Use a blackout dome 3-5 days. At Day 3 and 4, carefully flip the blackout lid onto your plants to help strengthen your crop before exposing fully to light. Germination will occur 1-2 days, and the estimated time to harvest is 8-12 days. These microgreens will have green leaves with mild/fresh flavoring. The younger the clover, the sweeter the flavor!

**How to Use:**

Sprinkle some of these microgreens over any salad for a flavorful crunch.

**Nutritional Benefits:**

Clover microgreens are packed with calcium, iron, magnesium and zinc.

**Collards**

How to Grow:

Collard microgreens prefer to be hydroponically grown. You will use about 1 ounce of seeds per 1020 tray with no need to pre-soak. Germination will occur 1-2 days and estimated time to harvest is 10-12 days. These microgreens have a dark green color and have the same flavoring as adult collards, but with more intensity. They make a great garnish or addition to salads.

How to Use:

Garnish your Spaghetti with Collard Greens with a lemon wedge and collards microgreens.

Kale

How to Grow:

The Kale microgreen prefers to be grown hydroponically. You will use about 1 ounce of seeds per 1020 tray, and no need to pre-soak them. Use a blackout dome 3-5 days. At Day 4 and 5, carefully flip the blackout lid onto your growing crop. This will help to strengthen the roots before exposing to light. Germination will occur 2-3 days, and the estimated time to harvest is 8-12 days. These microgreens will be green with flavoring that resembles that of red leaf lettuces and traditional romaine so it is a great base for a microgreen salad.

How to Use:

Try the “Anti-Oxidant” or “Superfood Warrior” smoothies.

http://www.greenishthumb.net/2015/03/microgreen-smoothie-recipes.html

Nutritional Benefits:

Kale and Chard are high in lutein (an antioxidant that protect your eyes and skin) and zeaxanthin, which may decrease your chance of Macular Degeneration, according to the American Macular Degeneration Foundation.

https://www.macular.org/zeaxanthin
Kohlrabi

How to Grow:

Kohlrabi prefers to be hydroponically grown. You will use about 1 ounce of seeds per 1020 tray, and no need to pre-soak. Use a blackout dome for 3-6 days, and at Days 4 and 5, flip the blackout dome onto your growing crop to strengthen the roots before exposing to light. Germination will occur 2-5 days with an estimated time to harvest being 8-12 days. These microgreens will have green leaves and white stems.

How to Use:

They have a mild, cabbage-like flavor, so they make an excellent addition to salads, sandwiches or slaw.
How to Grow:

The pea microgreen has a preferred growing medium of soil. Presoak the seeds in cold water for 12-24 hours before planting. You will need to use plenty of water and a large bowl when soaking because these seeds soak up large amounts of water. After soaking, gently transfer your seeds to a colander and mist them about 2-4 times daily until you start to see the seedlings peeking out. They are then ready for soil! Use about 12 ounces (or 1 ½ cups) of seeds per 1020 tray. Use a blackout lid for the first 3-5 days, but mist twice a day during the blackout time. You should see germination within about 2-3 days after planting. Continue to mist after germination and keep soil damp but not soggy. The estimated time to harvest is 8-12 days. Carefully harvest your plants and gently rinse and dry. These microgreens will be green with a fresh, mildly sweet flavor and crunchy texture.

How to Use:

They make a beautiful garnish topping to an omelet, or make a tasty addition to a strawberry salad.

Nutritional Benefits:
Pea microgreens promise “seven times the vitamin C of blueberries and eight times the folic acid of bean sprouts,” according to Mother Nature Network.


Radish

How to Grow:

The Radish microgreen prefers to be grown hydroponically. Use about 2 ounces of seeds per 1020 tray, and there is no need for pre-soaking. You will notice germination 1-2 days. The estimated time to harvest is 5-12 days and will have a strong radish flavor and slight crunch. Their green and red coloring make them a beautiful addition to any dish, and are a great topping for sandwiches, specifically a salmon burger.

How to Use:

Add radish microgreens to top off a watermelon avocado salad.

http://pdxfoodlove.com/2015/03/31/avocado-watermelon-radish-and-microgreen-salad/

Nutritional Benefits:
Researchers have found that radish microgreens “contain up to 40 times higher levels of vital nutrients than their mature counterparts” and have high levels of Vitamin E, Vitamin K, and Vitamin C, according to WebMD. http://www.webmd.com/diet/news/20120831/tiny-microgreens-packed-nutrients#1

**Swiss Chard**

![Swiss Chard microgreens](image)

**How to Grow:**

Swiss Chard microgreens prefer soil for their growing medium. You will need to pre-soak the seed 12-24 hours in cold water. Drain thoroughly, and then use about 2 ounces of seeds per 1020 tray. Use a blackout dome for 4-7 days and notice germination in about 2-5 days. The estimated time to harvest is 8-12 days, and your microgreens will be a darker shade of green.

**How to Use:**

Swiss Chard Fordhook microgreens will have a spinach flavor and make a great addition to any salad or top off your pizza with them!

**Nutritional Benefits:**

Kale and Chard are high in lutein (an antioxidant that protect your eyes and skin) and zeaxanthin, which may decrease your chance of Macular Degeneration, according to the American Macular Degeneration Foundation.

https://www.macular.org/zeaxanthin

**CHECK OUT OUR MICROGREEN SEEDS & KITS HERE!**

**Variety Needs Chart**

Growing multiple microgreen varieties at once can be a challenge, especially to beginners. You can use the convenient chart below to coordinate your grow based on each variety's particular needs.

<table>
<thead>
<tr>
<th>Variety</th>
<th>Preferred Media Type</th>
<th>Seed Rate per 1020 Tray</th>
<th>Pre-soak Seeds</th>
<th>Cover/No Cover</th>
<th>Days to Germinate</th>
<th>Days to Harvest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa</td>
<td>Hydroponic</td>
<td>About 1 ounce</td>
<td>Yes. 8-12 hours in cold water.</td>
<td>Blackout 3-5 days</td>
<td>1-2 days</td>
<td>8-12 days</td>
</tr>
<tr>
<td>Beet</td>
<td>Soil</td>
<td>About 1.2 ounces</td>
<td>Yes. 12-24 hours in cold water.</td>
<td>Blackout 6-8 days</td>
<td>3-4 days</td>
<td>10-12 days</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Soil</td>
<td>About 12 ounces</td>
<td>Yes. 12-24 hours in cold water.</td>
<td>Blackout 3-4 days</td>
<td>1-2 days</td>
<td>6-12 days</td>
</tr>
<tr>
<td>Clover</td>
<td>Hydroponic</td>
<td>About 1 ounce</td>
<td>No</td>
<td>No cover necessary</td>
<td>1-2 days</td>
<td>8-12 days</td>
</tr>
<tr>
<td>Collards</td>
<td>Hydroponic</td>
<td>About 1 ounce</td>
<td>No</td>
<td>No cover necessary</td>
<td>1-2 days</td>
<td>10-12 days</td>
</tr>
<tr>
<td>Kale</td>
<td>Hydroponic</td>
<td>About 1 ounce</td>
<td>No</td>
<td>Blackout 3-5 days</td>
<td>2-3 days</td>
<td>8-12 days</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>Hydroponic</td>
<td>About 1 ounce</td>
<td>Yes. 12-24 hours in cold water.</td>
<td>Blackout 3-6 days</td>
<td>2-5 days</td>
<td>8-12 days</td>
</tr>
<tr>
<td>Pea</td>
<td>Soil</td>
<td>About 12 ounces</td>
<td>Yes. 12-24 hours in cold water.</td>
<td>Blackout 3-5 days</td>
<td>2-3 days</td>
<td>8-12 days</td>
</tr>
<tr>
<td>Radish</td>
<td>Hydroponic</td>
<td>About 2 ounces</td>
<td>Yes. 12-24 hours in cold water.</td>
<td>Blackout 4-7 days</td>
<td>2-5 days</td>
<td>8-12 days</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>Soil</td>
<td>About 2 ounces</td>
<td>No</td>
<td>No cover necessary</td>
<td>1-2 days</td>
<td>5-12 days</td>
</tr>
</tbody>
</table>

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