

# GROWING MICROGREENS

## INGREDIENT LIST

- **Speckled Peas:**  
(You will need your sunniest windowsill to give the pea shoots at least 3 hours of light per day)
- **Organic Popcorn:**  
(You will need to grow inside a dark cabinet or closet. We are using popcorn from the bulk bin from the grocery store.)

### Extend the learning

- **Black Oil Sunflower Seeds:** Nutty flavour
- **Daikon Radish:** Spicy.
- **China Rose or Red Radish:** Spicy purple leaves
- **Arugula:** Spicy.
- **Beets:** Bright red and earthy

## EQUIPMENT LIST

- **Clean container:**  
Must hold 2 inches of soil and have drainage
  - **Clamshell boxes** – plastic containers that held tomatoes, strawberries, yogurt – get creative! If the bottom is solid cut slits using an exacto knife.
  - **Paper cup** – punch a hole in the bottom and kids can draw faces on them and the sprouts become hair!
- **A sterile growing medium**  
(no compost or fertilizer needed)
  - New from the bag OR
  - Coconut coir, a more sustainable option
- **Bucket or bin**
- **Watering can &/or spray bottle**
- **Hand trowel (or just use your hands!)**
- **A tray or rubbermaid lid**

## METHOD

1. **Prep soil** in a small bin or bucket. Here are two options you can use for soil:
  - **Coconut coir**, take a chunk off the block and soak in a bin of warm water – it will expand to 3x the size. You want it to be moist through (crumbling it makes it a bit faster). We like coconut coir because it's sustainable compared to potting soil made with peat from bogs.
  - **Potting soil**, it's still a good idea to moisten soil in a bin or bucket before filling containers. This makes it just easier to get the moisture level right before seeding.
2. Put soil into your **clean container**. At least 2 inches of soil, evenly spread and pressed into place but not packed down.
3. Cover the soil with a **single layer of seeds** and push them down onto the soil so they have good contact but are not covered with soil. They will grow quite dense if they cover the surface and that means you get more sprouts at harvest time. Place on tray or rubbermaid lid for water run-off.
4. Place in **growing location**. Depending on what you are growing you will need to give your sprouts a certain amount of light.
  - **Popcorn** in a dark place to grow. Yes, it's surprising but they will be bright yellow and tender if grown with **NO LIGHT!**
  - **Pea sprouts** in a sunny-ish spot. They do pretty well even in low light, so give it a go!
5. **Wait and water**. And we watch over them with love. Watering is the key to success. Not too much, not too little – damp like a sponge you have wrung out. If you water daily with a watering can, you may get mold growing on the soil surface so we suggest using a spray bottle twice per day but take care not to let the under-layer of soil dry out.
6. **Harvest** in 10 days to 2 weeks.

### Tasty tip:

- If going for multiple kinds of sprouts, don't forget to label with the variety name and date!

## STEP BY STEP



**STEP 1**  
Gather ingredients.



**STEP 2**  
Gather equipment.



**STEP 3**  
Moisten soil (we are using the coconut coir here).



**STEP 4**  
Crumble soil with your fingers. It's ready when moist throughout, but not soggy.



**STEP 5**  
Put soil in clamshell and tap down to flatten. Aim for a level soil bed that is firm with no air holes but not packed down too tight for the roots.



**STEP 6**  
Put a single layer of seeds and press them down into contact with soil.



**STEP 7**  
Put them in a good place to grow with as much or as little light as they need.



**STEP 8**  
Water for longer than you think with the spray bottle. That's not hard for kids usually!



**STEP 9**  
Watch them grow!