

Growing Microgreens

Age/Grade Range

- Ages: 5-18+

Group Size

- In pairs or small groups
- No maximum or minimum group size

Time

- Set up: 5-10 minutes
- Activity: 30 minutes + 3 or 4 weeks

Materials

- Variety of seeds: sunflowers, peas and/or micro-green seed mixes
- Small planting trays (1-2 per group)
- Potting soil
- Compost or worm castings
- Spoon
- Grow light with timer
- Water device
- Labelling sticks
- Harvesting scissors

Set Up

1. Prepare materials

Activity Directions

1. Fill seedling tray with potting soil and add three or four spoonfuls of compost or worm castings to each tray. Mix gently.
2. Moisten soil mixture with water. Soil should have the dampness of a wrung-out sponge (to test, squeeze a handful of soil in your hands, only one or two drops should come out).
3. Sprinkle one or two tablespoons of seeds evenly on top of soil mix then cover with a thin layer of soil. Larger seeds such as sunflower or pea seeds will need to be pushed down into the soil to a depth that is equal to its height.



NWT SCIENCE FOCUS

Topic

- Local Food Production

Objective

- See first-hand how seeds germinate and start to grow



4. Mist or gently water the seeds and soil.
5. Label each tray with corresponding seed variety
6. Place trays under grow light. Set grow light about 10cm (4 inches) from the tops of the plants. The grow light timer should be set to 10-14 hours per day. Grow light will need to be raised as plants grow.
7. Keep soil moist, but not soggy as the seeds germinate and grow, over 3 or 4 weeks.
8. Have children observe their microgreens daily. Observations can be discussed, documents with drawing pictures and note taking. Growth rates between different seed varieties can be observed and monitored.
9. Most microgreens are usually harvested when they have four or more true leaves. True leaves are the ones that grow above the small seed leaves. Some microgreens, such as sunflowers should be harvested when they are 7–10 cm, before true leaves appear as they can be too tough. To harvest, cut microgreens just above the seed. They can be eaten on their own, in a salad or enjoyed in sandwiches or soup garnish.