

## How to grow **microgreens** in your room:

These lil guys need three things:

1. **LIGHT**. Where do you get the most light? It could be a south-facing window, a desk lamp, or a sunny spot in your lounge.
2. **SOIL**. Microgreens actually don't need nutrient-rich dirt; they just need something to anchor onto for two weeks. Put about two inches of mix in a container (get creative) with a few holes poked in the bottom.
3. **WATER**. Wet your soil until it's damp but not completely saturated. Don't let it get dry!

**Sprinkle** your seeds over your damp soil so there are about 10 seeds/in<sup>2</sup>. (That's a lot, be generous!). Gently press the seeds into the dirt or sprinkle some extra soil over them (just a little though)!

Place the container in a warm-ish spot (so, not next to a window in winter) until the seeds begin to sprout (this is called germination). Then put them where they'll get the most light, and keep the soil damp!

They'll be ready to harvest in **two weeks**. Cut them with clean scissors and put them in a zip-lock bag or Mason jar. **Enjoy** on their own, as a garnish on your burger, in a smoothie, or mix them with other greens in a salad.

**Inspired?** Keep experimenting with different seed types, soil types, or try to grow other plants! Check out

<https://gogreen.nd.edu/local-food/>

for more microgreen tips and where to find fresh, **local food** all year!

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