



Grow-Your-Own Microgreens DIY Kit

Includes Materials:

- 1 x Grow tray
- 1 x Saucer
- Organic potting mix (enough for 3 plantings)
- Coconut Coir (enough for 3 plantings)
- Seeds (enough for 3 plantings)

Seed Selection:

- Sunflower (L: ½ cup, S: ¼ cup)
- Pea (L: ½ cup, S: ¼ cup)
- Cilantro (L: 2 tbsp, S: 1 tbsp)
- Beets (L: 2 tbsp; S: 1 tbsp)
- Mustard (L: 1 tbsp; S: 0.5 tbsp)
- Arugula (L: 2 tsp; S: 1 tsp)
- Basil (L: 2 tsp; S: 1 tsp)

Instructions:

- Fill tray with potting mix
- Smooth soil to create an even surface
- Evenly broadcast (scatter) seed on surface of soil. Seeds may be touching but not overlapping.
- Sprinkle coconut coir evenly over soil and seeds, using fingers to break up any clumps. Seed may still be visible through coir, this is not a problem.
- Gently water seeds with a watering can so that the soil is evenly saturated but not sopping wet. If using a spray bottle with misting function, mist the surface of coconut coir, careful not to disturb seeds. Mist until saturated.
- Place in a sunny window or under a grow light.
- Check seeds every day to assess moisture of the soil. Water daily if required, to maintain moist but not sopping soil. After seeds have germinated, start to water from below by filling the saucer with roughly 3 ounces of water. Water will wick-up through the soil and be easily accessible to the roots.
- Seeds should germinate in 2-4 days
- Harvest times range based on variety of seed but should be approximately 7-10 days.
- Harvest after 10 days or when:
 - Peas have reached 5 - 7 inches
 - Arugula, Brassica Mix, Cilantro has reached 3 - 4 inches
 - Sunflower seeds have reached 2 - 3 inches
- Harvest with scissors or a sharp knife, cutting a base of microgreens.
- Compost remaining soil and roots. Soil, coir and roots should not be used for subsequent seedings.
- Wash and dry tray and saucer with warm water and mild soap.

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Notes:

- In Toronto, soil and plant matter may be placed in your Green Bin, should you not have an in-ground compost
- Expect delayed germination and harvest times if tray is placed in cooler environment
- When microgreens start to reach maturity, taste the ones that are most mature. Tasting your microgreens will help ensure that you harvest them when you find them tastiest. Keeps notes for subsequent harvests.
- Microgreens should be stored wrapped in damp paper towel and placed in a reseal- able bag or container, then refrigerated. Keep microgreens cool and stored right up until use for best flavour and freshness.
- If you're a microgreen lover, consider seeding a tray every 3-4 days for continuous and diverse harvest.
- Should microgreens start to grow leaning towards the light source, rotate tray in order to have uniform growth.

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