

Growing microgreens on windowsills -- a rewarding wintertime practice

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You may have noticed microgreens finding their way onto dinner tables and restaurant menus more often these days. The good news is they're not just reserved for commercial growers and expensive restaurants.

What are Microgreens?

People sometimes confuse microgreens with sprouts, but they're very different. Sprouts are germinated seeds that grow in water, whereas microgreens are an immature version of greens that grow in soil. Microgreens are harvested at the stage in which the cotyledon has formed and 1 - 2 layers of true leaves have grown. There are many varieties of greens you can grow – sunflower, beet, kohlrabi, beetroot, arugula, basil, radish, chard, broccoli, sorrel, pea, and many, many more. The taste of each green is similar to its mature counterpart and each offers different health benefits and nutrition. **Microgreens generally have higher concentrations of healthful vitamins and carotenoids than their mature counterparts.**

Despite low light levels in winter, you can still grow these vegetables indoors. Freshly cut shoots of your favorite leafy vegetables add vitality to winter salads, and are easy and fun for children and adults to grow.

Microgreens supply all of the flavor of their grown-up counterparts but in concentrated packages -- and are ready to harvest in two to four weeks. Sow a little every week for a steady supply, so some shoots are ready to cut while others are coming on. Use shallow trays, filled with a minimum one-inch depth of multipurpose potting compost, and water before sowing. Sow seed thickly, but not touching, and cover with a thin layer of compost.

Cut or pick microgreens at soil level when they have developed their seed leaves, or leave them a little longer until they have grown their first true leaves. Some will regrow for another harvest.

You can get a complete kit online with everything you need to grow healthy microgreens, and it can be a pleasant diversion for you or the kids or grandchildren during the long winter months. Or, you can just purchase the seeds, at places like Mountain Valley Seed Company, True Leaf Market or Eden Brothers.

www.gardeningadvice@rhs.org.uk

Check out this excellent tutorial from Better Homes and Gardens

www.bhg.com/gardening/vegetable/vegetables/how-to-grow-microgreens-indoors/

Or, try this tutorial from the original organic gardeners from Rodale

<https://www.rodaleorganiclife.com/garden/growing-microgreens>



www.johnnyseeds.com



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