

What are Microgreens?

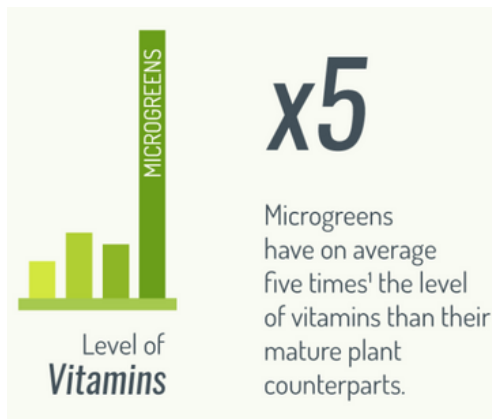


Microgreens are young vegetable greens consisting of roots, stems, and **cotyledon leaves**. The stem and leaves of microgreens are concentrated in nutrients making them a potent superfood.

Why are Microgreens a Superfood ?

Simply put, microgreens provide more nutrition than mature leaves. In a study published in the Journal of Agricultural and Food Chemistry, microgreens contain between **4 to 40 times more nutrients by weight** than their fully grown counterparts.

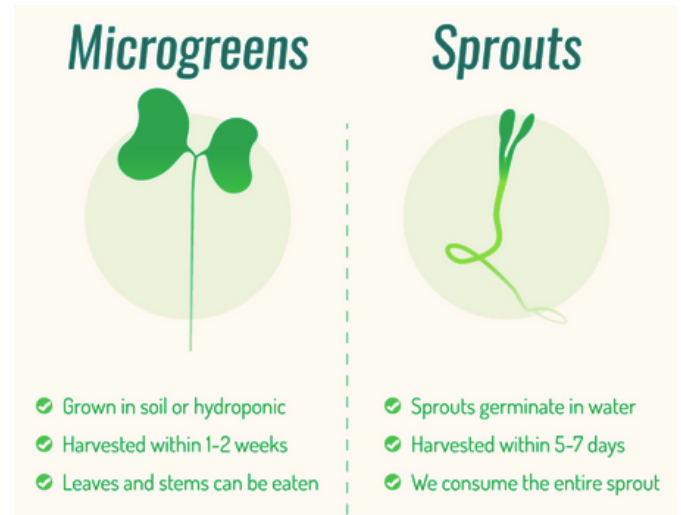
Micro greens are rich in **Vitamin C**, **Vitamin E** and **Vitamin K**. They are an excellent source of **Beta-Carotene**, even more so than carrots!



Eating just **50 grams** of micro greens per day can meet your recommended daily nutrient requirements. You can completely replace taking vitamin tablets by consuming microgreens.

What is the difference between sprouts and microgreens?

Sprouts are simply seeds that have germinated while microgreens undergo a different planting and growth process that allows them to grow fully developed stems and leaves, allowing them to possess a significantly rich nutritional composition than sprouts. Sprouts are harvested within 2-5 days whereas, microgreens are harvested between 7-21 days depending on the type of vegetable.



Microgreens are much healthier, has more nutritional value and enhanced taste than sprouts as they are concentrated with enzymes, flavonoids and natural flavor. The potential for bacteria growth is much lower in microgreens than in comparison to sprouts. Microgreens require slightly less warm and humid conditions than sprouts do, and only the leaf and stem are consumed.

Are microgreens safe and approved for consumption?

Microgreens refer to crops that are harvested without roots at a young age and are considered safe for consumption. The U.S. Food and Drug Administration [FDA] has approved micro greens as safe to consume and there are no conflicting reports of toxicity or side effects.



Is there a specified nutritional intake for microgreens ?

Around 50 grams of microgreens consumed in a day can fulfill one's daily nutritional intake. Furthermore, the possibility of food poisoning is little to none.

How can one consume microgreens?



Microgreens can be consumed raw in salads to get the highest possible nutritional intake. They can also be cooked, garnished on soups, added in sandwiches, burgers, or smoothies or used as toppings.

Can I grow microgreens at home? Does it require any prior gardening experience?



Yes! You can grow microgreens easily at your home and you do not require any prior experience in gardening. In fact, they are incredibly easy to grow. You can grow them in a garden bed or containers inside your home as long as they are adequately exposed to sunlight. If you have a sunny windowsill, a shallow container, some potting mix and suitable seeds, then you've got all the essentials for growing your very own microgreens.

Hariyalee Seeds

Micro Green Grow-It-Yourself Kit & Heirloom Seeds.

5 VARIETIES + 5 COCO COIR GROW SHEET COMBO



HARYALEE SEEDS

-  Heirloom, Pure desi and Natural.
-  85%-95% Guaranteed Germination rate.
-  Tested for local growing conditions.
-  Chemical free.
-  Non Hybrid and Non GMO.

How do you grow microgreens?



1

Place the coco coir growth sheet in a container and water it. Wait for 10 minutes and make sure the sheet is not completely submerged in water. About 3/4th of the sheet should be in water.



2

Spread the seeds evenly on the sheet. Make sure the seeds are not overcrowded as it may cause fungal growth.



3

Cover the container with cloth or news paper or 2-3 days to prevent exposure to sunlight. This is to promote easy germination and is a crucial step. Occasionally, check the water level. Spray water once in a day to keep the surface of the sheet moist.





4

After the seeds have germinated, expose them to sunlight. Keep in mind, each seed will exhibit different germination periods varying from 2-6 days. Hence, don't worry if a few varieties take longer than the others.

[*Check the list below](#)

5

Water the microgreens once a day. Make sure 1/4 th of the sheet is always submerged in water. The harvesting of microgreens differ according to the variety.

Micro Green Name	Germination Time	Estimated time to Harvest
Amarantha Red Desi	3-5 Days	9-12 Days
Amarantha Red Garnet	2-3 Days	7-10 Days
Alfa Alfa	1-2 Days	7-9 Days
Carrot	3-5 Days	10-12 Days
Chia	2-3 Days	8-10 Days
Flax	2-3 Days	8-10 Days
Garden Cress	2-3 Days	8-12 Days
Lettuce Green	1-2 Days	7-9 Days
Mustard Yellow	1-2 Days	7-9 Days
Red Onion Desi	2-3 Days	8-12 Days
Pakchoi / Bak Choy	1-2 Days	8-12 Days
Radish Daikon	1-2 Days	7-10 Days
Radish Desi	1-2 Days	7-10 Days
Radish Purple	1-2 Days	7-10 Days
Radish Pink	1-2 Days	7-10 Days
Red Cabbage	2-3 Days	9-12 Days
Sesame White	2-3 Days	7-10 Days
Spinach / Palak	3-5 Days	10-14 Days
Swiss Chard	3-5 Days	10-14 Days
Turnip Desi	1-2 Days	7-10 Days

Frequently Asked Questions [FAQs]

What is included in the grow kit?

Our grow-it-yourself kit comes with 5 different varieties of vegetable or herb seeds along with 5 coco coir growth sheets as a medium.

How long will it take to grow microgreens?

It primarily depends on the type of microgreen that you are growing. For example, radish takes 7-8 days to harvest. whereas spinach and swiss chard takes about 10-14 days.

What is the difference between microgreen seeds and normal seeds? Do you require special seeds for micro greens?

There is no difference between normal vegetable seeds and microgreen seeds. However, microgreen seeds are openly pollinated and are heirloom, i.e., they are not hybrids and are not GMO seeds unlike most vegetable seeds. Most vegetable seeds that are available in the market have chemicals added to them while packing to avoid seed-borne diseases. Please use only openly pollinated, heirloom, non-GMO, organic seeds to grow your micro greens.

What is a cococoir growth sheet ? Is it biodegradable? Is it reusable?

A coco coir growth sheet is essentially natural coconut coir compressed in the shape of a sheet. It is a more effective and convenient alternative to cocopeat. It is 100% biodegradable and can be reused upto 2 times after drying the sheet. Make sure there are no residual matter on the sheet before reusing it.

How often should I water microgreens?

You must water microgreens once a day. Spray some water or ensure the coco coir sheet is moist. Do not overwater them as it can lead to fungal growth or wilting.

When is the right time to harvest microgreens? How is this done?

The right time to harvest your microgreens is when they have formed their first true set of leaves. These leaves should resemble plant leaves. The first set of leaves that grow are not real leaves but cotyledons. To harvest them, cut only the leaf and stem with a sterile knife or scissors.

Do I require grow lights if I am growing microgreens indoors ?

No, you do not require grow lights. Adequate exposure to sunlight is more than enough.