

Microgreen Magic



Microgreens such as cress are also known as micro-leaves. They are young edible plants which are harvested when they get to between one to three inches tall. They are easy and quick to grow all year round in small spaces, such as in yoghurt pots on windowsills. There's a world of cheap, tasty and nutritious flavours and textures to be found in microgreens. Lots of vegetable seeds will grow into an edible microgreen, such as salad leaves, radishes, broccoli, cauliflower, carrots, celery, cabbage, beetroot and pea shoots.

IMPORTANT!

Plants from the nightshade family (potato, pepper, tomato, aubergine) have toxic leaves and so aren't suitable to eat as microgreens.

Method:

- 1 Spread a layer of compost in your container and pat it flat
- 2 Sprinkle seeds on to the compost, spreading them as evenly as possible
- 3 Sprinkle a thin light layer of compost over the seeds and gently pat down
- 4 Water the tray lightly – the soil needs to be damp but not soaking wet
- 5 Place your container on a windowsill



- 6 Cover the seeds with paper towels until they have germinated (starting to sprout). This will usually take 2-3 days
- 7 Once the shoots have appeared, remove the paper towel so the seedling can get as much light as possible
- 8 Water your seeds regularly, ensuring the soil is damp at all times but not soaking wet
- 9 After one to two weeks, when they have around two sets of baby leaves, your speedy crop should be ready for harvesting. Use scissors to chop some off as and when required, no need to pull them up from the root
- 10 Microgreens don't typically regrow after harvesting, so once you've used them all their roots can go on the compost heap
- 11 Give them a rinse under cold water, and then eat as they are! You can use them in salads, on pizzas, on pasta, in sandwiches, sprinkled on top of jacket potatoes, as a side, or simply enjoy as a pretty garnish

You will need

- any small, recycled container, such as old takeaway trays, yoghurt pots, egg boxes, anything you can put a few holes in the bottom of for drainage
- a tray, saucer or container to put under the pot to collect water drips
- vegetable seeds such as beans, broccoli, cabbage, beetroot, radish or herbs
- multi-purpose, peat-free (ideally organic) compost



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