



Grow Your Own Microgreens

Why?

- Highest nutrition out of any other growth stage of the plant
- High yield in a tiny space
- Can grow without a garden
- Food security
- Easy and fun!

What you need:

- A tray that will hold water (a seedling tray or recycled lettuce container are excellent for this)
- Potting soil (make sure this is not top soil or garden soil)
- A package or two of seeds suitable for microgreens (common ones are peas, sunflower, broccoli, cabbage, radish, spinach, chard, beets... check here for more:
<https://www.microveggie.com/types-of-microgreens/>)
- Water

How to:

- Put a couple of cm of soil into your container
- Sprinkle seeds evenly across the tray (seed heavily)
- Cover the seeds with more soil (smaller seeds require less soil on top. For bigger seeds as long as they are fully covered that should be enough)
- Water so that soil is kept moist (not wet!) at all times. It is better to water a little more often than a lot less often.
- Your microgreens are ready to harvest when they have their first two leaves (about 1-3 weeks for most types)
- Don't forget to plant another tray about a week after the first if you want a continual supply!
- Once the tray is done, you will need new soil.

Additional Resources:

There are lots of community organizations centered on gardening and food security across the Columbia Basin. There are also community gardens throughout the basin run by various groups. Here is a list of just a few organizations and businesses to help get you started:

- Avalily Permaculture and The Earthskills Institute (Kalista Pruden)
- Groundswell Network Society
- Wildsight
- Columbia Valley Food Bank
- Columbia Valley Food and Farm
- Local Food Matters
- Revelstoke Local Food Initiative
- Columbia Valley Community Economic Development
- Farm Food Drink
- Young Agrarians
- Kootenay & Boundary Farm Advisors
- Columbia Valley Food Hub
- Winderberry Nursery / Edible Acres
- Kootenay Farm-to-Folk
- Kootenay Permaculture
- Kootenay Society for Sustainable Living

Avalily Permaculture and the Earthskills Institute can be followed on: Instagram,

Facebook (<https://www.facebook.com/AvalilyPermaculture/>), and

YouTube (https://www.youtube.com/channel/UCxkgDJEXpk8HzVyqS4pb5Pw?view_as=subscriber)

(Microgreens video: [https://youtu.be/SuMfn139- 4](https://youtu.be/SuMfn139-4))