

Seeds2Plate



Micro- greens in 7 easy steps

Collect Supplies

- Soil, seeds, containers, water

Prepare mini-garden

- Moisten soil, fill container

Plant

- Spread seeds thickly, cover lightly with soil

Germinate

- Cover until sprouts appear, move to bright light

Monitor

- Keep moist, rotate daily

Harvest

- Cut greens when 2-4 leaves appear

Eat

- Use in smoothies, sandwiches, or salads

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Micro- green Seed Options

- Greens (Lettuce, Kale, Mustard, Bok Choy, Cress)
- Radishes, Turnips
- Beets
- Peas
- Carrots
- Broccoli
- Herbs (Dill, Fennel, Basil, Cilantro)
- Grains (Wheat, Barley, Oats)
- Legumes (Chickpeas, Beans, Lentils)
- Sunflowers
- **Anything that germinates quickly**
- **Anything non-toxic**