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MICROGREENS

A GUIDE TO GROWING NUTRIENT-PACKED GREENS

Recognized as some of the most nutrient-dense greens available, those tiny leaves known as "microgreens" are packed with big flavor. And now, with simple instructions, you can grow your own little greens of arugula, basil, purple cabbage, chard, radishes, broccoli, cilantro, and more.

Microgreens teaches the easy process of how to plant and grow the little greens, as well as how to harvest—which on average is about 2 weeks after sowing. And the small amount of space needed to grow microgreens—a porch, patio, deck, windowsill, or balcony—allows them to be easily incorporated into daily meals. The greens' nutritional potency make them a must-eat in a healthy diet.

Eaten alone as a salad or added to soups, entrees, sandwiches, burgers, or anything else imaginable—these tiny greens will enhance everyday food and life.

Eric Franks & Jasmine Richardson



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Franks / Richardson



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Learn how to plant, grow, and harvest the most nutrient-dense greens available, in pots or trays on your porch, patio, deck, balcony, or windowsill.



GARDENING

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Eric Franks' interest in agriculture began after meeting and apprenticing under farmers Tim and Fabienne Rapsey on their Biodynamic Farm in Kimberton, Pennsylvania.

Jasmine Richardson grew up bi-coastally, spending winters in Pennsylvania and summers in California. Raised by gardeners, she has always loved plants.

Eric and Jasmine currently reside on the Oregon coast, where they own a small microgreens business, True Leaf Microgreens.

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CONTENTS

- 9 Introduction
- 13 Why Microgreens?
- 21 Health and Microgreens
- 32 Materials
- 41 How-to-Grow 10-Step Process
- 56 Individual Crops
- 98 Composting
- 126 Recipes: Food as Art
- 167 Troubleshooting
- 178 Recommended Resources
- 181 Bibliography



Chard

| CHARD | |
|---|--|
| Family | Chenopodiaceae |
| Genus and Species | Beta vulgaris |
| Varieties We Recommend | Rainbow Mix, Ruby Red |
| Taste | Similar to beet greens, but sweeter |
| Average Days to Germinate | 4 to 6 days |
| Average Days to Harvest (after germination) | 8 to 12 days |
| Average Weight Per Tray | 4 to 6 ounces |
| Difficulty | Easy to Medium |

Growing Tips

- Soaking chard seeds for 24 hours helps with germination rate and speed.
- Adding a teaspoon of liquid kelp to the water is also beneficial.
- After broadcasting the seed, press them lightly into the loose soil, then cover with a paper towel.
- Make sure that this large seed is completely covered so it stays moist.
- After germination, avoid keeping soil too moist.
- Keep your water under a pH of 7.

Harvesting Tips

- If most of the seedlings still have seed hulls attached to their leaves, wait a few more days to harvest.
- The large knobby seeds that remain can be gently pulled off before harvesting.
- Feature the bright stem by cutting close to the soil.

Washing Tips

- Chard's large seeds make it easy to see in the wash water. When harvested young, you will find many seed hulls stuck to the leaves. Removing them can be time consuming.





Harvesting

Microgreens can be harvested at different stages of growth. You can either harvest them just after their cotyledons have opened or wait for them to put on a second set of leaves known as “true leaves.” If allowed to continue to grow, eventually the greens will begin to show signs of stress such as yellowing, stunted growth, looking weak or “leggy” (tall and unhealthy), and will start to rot from underneath. This generally starts to happen because of how densely you are sowing the seeds and the small amount of soil you are growing them in. If the same seed were allowed to grow less densely, in a bigger container or directly in the ground with plenty of room for its roots, you could watch it grow through many stages. Depending on the variety, it would eventually grow into a full-sized plant from which you might harvest its fruit or leaf (i.e., a head of broccoli or full-grown leaves of arugula). Soil quality also plays a major role in the health and vitality of your greens. If you are using a lesser-quality soil, signs of stress will become apparent much earlier and more frequently.