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 The book begins with an introduction of microgreens as being houseplants that one can eat and grow in very confined space (1). After that comes a discussion on how to grow microgreens, from seeds to containers to soil/growing media, to covering, watering, plant care, and harvesting and storing (2). Microgreens: How to Grow Nature's Own Superfood by Fionna Hill
 How to Grow Microgreens - 4 Step Guide
 Microgreens are grown quickly from seeds in good light with adequate moisture. They are usually sown in a soil medium or substitute and harvested before they reach full size. Each seed needs enough 'personal space' to grow. Easy Guide to Growing Microgreens - The Micro Gardener
 What you do: Use a small seed tray or recycle a food tub as a container for the seeds to grow in. Cut some felt or kitchen roll to... Wet the felt or kitchen roll and sprinkle the seeds on top. After sowing, place the container on a warm windowsill or in a glasshouse to germinate. The ideal ...
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 What to do: Take a clean seed tray or other suitable flat container such as an old lunchbox or ice-cream container Put 1-2cm of compost into your chosen tray (peat-free is more expensive but much better for the environment) Moisten the compost with a spray or gentle watering can Sprinkle seeds on ...
 Microgreens - How to Grow Astronaut Food at Home
 Microgreens are termed that after they have produced at least two "true" leaves after the cotyledons appear. Cotyledons begin as part of the embryo within the seed of a plant. In dicotyledonous plants they produce two kidney-shaped "seed" leaves, the first leaves to appear. True leaves, by contrast, develop from the plant stem. Microgreens: How to Grow Nature's Own Superfood: Hill ...This is the most comprehensive guide on how to grow microgreens I have ever produced. Follow along as I take you from seed selection and planting ALL the way...
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 Microgreens grow best in temperatures ranging from 15-21 degrees celsius with sufficient sunlight. Wilting plants can indicate underwatering. Make sure that your grow pads are soggy and not just damp. On the other hand, rotting plants can indicate overwatering. The comprehensive instructions explain which containers to use, how to sow the seeds, when to harvest, how to store the bounty, and much more. A special chapter has tips on helping children to grow microgreens. Microgreens shows how easy it is to bring fresh, nutritional and economical

gourmet produce to the dinner table any time of year. This how-to book is ideal for health-conscious home cooks, especially those who believe in the importance of home-grown foods.

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