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Sow Fun!

WE ARE HERE TO MAKE
GROWING MICROGREENS FUN AND EASY

SOW RICH MICROGREENS

MEDIUM
SOIL

BIG SEEDS

Let's GROW

A GUIDE TO NUTRIENT-RICH MICROGREENS

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SOW RICH MICROGREENS

Let's get ready!

1/Microgreen seeds

2/Microgreen Planter Box

3/Soil: Coco Coir

Other options:
- Potting Soil
- Seedling Soil
- Compost Mixes

4/Cloth

- Towel or cloth
- Baby napkin
- Kitchen paper towel

5/Blackout tool

You can literally use anything as long as it blocks out the light

6/Weight

Use weight method to get a better germination and even yield, it also helps seeds to shed its hull. You can use any heavy object such as, water bottles, bricks, books, wood blocks, etc.

7/Spray

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METHOD ONE

SPREAD AND GROW

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MEDIUM
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METHOD ONE
SPREAD AND GROW

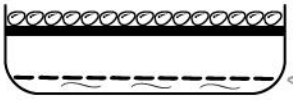
SOW RICH MICROGREENS

1/Rinse
Open pack & clean the seeds.

2/Soak
Soak the seeds in room temperature filtered water based on recommended hours on packaging.

Soaking seeds help to soften the shell of the seeds, allowing seeds to be fully hydrated, leading to a better germination

3a/Fill Water
Fill bottom tray with 20% water.



3b/Spread Coco Coir
Even out coco coir on top of the seedling tray and spray water to wet it, moist but not flooded.

SOIL SHOULD NOT BE TOO WET

3c/Spread Seeds
Spread seeds evenly on coco coir. Avoid seedling too little or too dense.

DO NOT STACK THE SEEDS to avoid mold formation

DO NOT FILL WATER ABOVE SEEDLING TRAY

DO NOT FLOOD THE SEEDS

It is important to create an optimal environment for microgreens to grow. Different growing stages require different level of humidity and temperature. However, it should not be too humid or wet. Too hot or cold will fail the crops too. Keeping them indoor are recommended.

3d/Spray Water
Spray water on the seeds.

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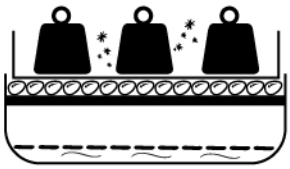
METHOD ONE
SPREAD AND GROW

SOW RICH MICROGREENS

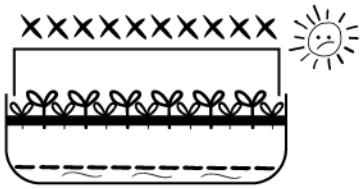
Humid and moist environment is good during the early stage of the germination process.

4/Weight & Blackout

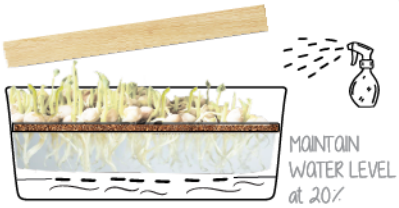
Germination stage: Prepare heavy objects on an empty tray, then place it on top of coco coir throughout the germination process.



Sprouting stage: Remove the heavy object after seeds have germinated and continue to cover and create a dark environment. Blackout during this stage tricks microgreens to look for light, hence, stretching them taller.

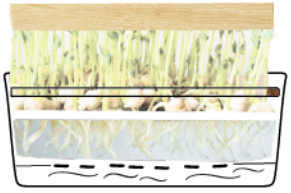


Spray & Change Water



Optional to change water in the bottom tray.

- 1x daily, spray water to keep seeds and coco coir moist but not soaked.
- Monitor daily, skip watering if seeds and coco coir are still moist.
- Do not spray water more than 3x daily.



5/Open

End the blackout when microgreens are pushing the cover upwards or have grown to 2/3 of the recommended harvest height. Place them in a dim & cool area with good air circulation if you like them to stretch a little longer. Otherwise, bring it straight to light exposure.

Reduce humidity at this stage, cool area with a good air circulation is recommended.

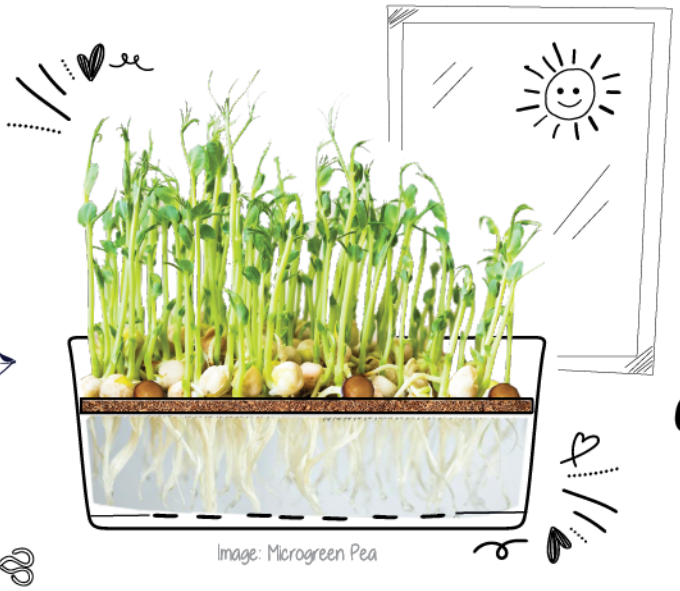


Image: Microgreen Pea

6/Sunlight/Light

Expose microgreens with some sunlight. Avoid strong direct sunlight, next to the window is sufficient. Alternatively, use LED or grow light with a daily on/off schedule (ex: 17 hours on, 7 hours off).

Harvest based on your preference: Lightly pinch and taste

7/Harvest

Harvest with a sharp knife or scissors based on recommended height or your preference.

Different microgreen requires a different amount of light. Generally, reduce the amount of light for a more tender texture. Some microgreens such as Wheatgrass and Convolvulus Kangkung do better with more light exposure, but a few hours of light before harvest is sufficient for Microgreen Beans.

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SOW RICH MICROGREENS

MEDIUM SOIL

BIG SEEDS

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A GUIDE TO NUTRIENT-RICH MICROGREENS

METHOD ONE

PRE-GERMINATE

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MEDIUM SOIL

BIG SEEDS

METHOD TWO

PRE-GERMINATE

SOW RICH MICROGREENS

1/Rinse

Open pack & clean the seeds.

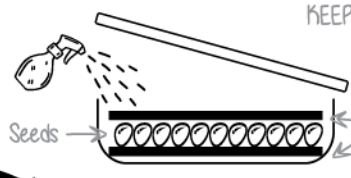
2/Soak

Soak the seeds in room temperature filtered water based on recommended hours on packaging.

Soaking seeds help to soften the shell of the seeds, allowing seeds to be fully hydrated, leading to a better germination.

3/Pre-Germinate

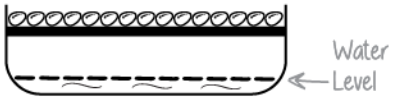
Rinse, then wrap the seeds with a damp cloth (or lay seeds in betwen damp kitchen paper towel) and place it in a container. Depending on seeds, it will take about 8-24 hours to germinate.



Pre-Germinate seeds speed up the germination process.

4a/Fill Water

Fill bottom tray with 20% water.



4b/Spread Coco Coir

Even out coco coir on top of the seedling tray and spray water to wet it, moist but not flooded.

4c/Spread Seeds

Spread germinated seeds evenly on coco coir. Avoid seedling too little or too dense.

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4d/Spray Water

Spray water on the seeds.

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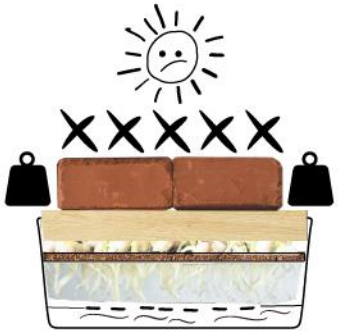
MEDIUM SOIL

BIG SEEDS

METHOD TWO

PRE-GERMINATE

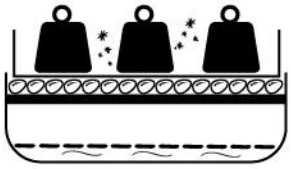
SOW RICH MICROGREENS



Humid and moist environment is good during the early stage of germination process.

5/Weight & Blackout

Germination stage: Prepare heavy objects on an empty tray, then place it on top of coco coir throughout the germination process.



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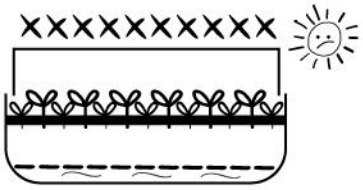
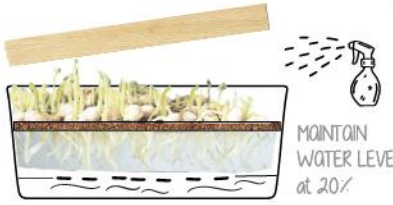


Spray & Change Water



MAINTAIN WATER LEVEL at 20%

Optional to change water in the bottom tray.

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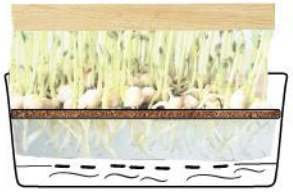
- Monitor daily, skip watering if seeds and coco coir are still moist.
- Do not spray water more than 3x daily.



6/Open

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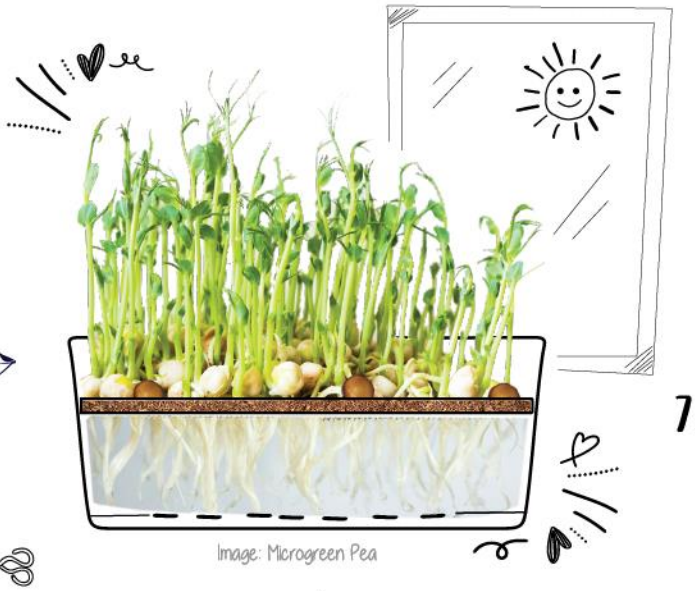

Image: Microgreen Pea

7/Sunlight/Light

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Harvest based on your preference: Lightly pinch and taste

8/Harvest

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HOW TO HARVEST

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MEDIUM SOIL

BIG SEEDS

HOW TO HARVEST

SOW RICH MICROGREENS

Harvest

In a clean workspace, with clean hands, use a sharp scissors or knife to harvest microgreens. Microgreens are delicate, be gentle to avoid bruising the crops. Compost or discard the seeds and roots after harvest.

Regrow

Cut above the leaf node to regrow. However, not all microgreens can regrow. Microgreen Peas and Wheatgrass are commonly known to have multiple harvest.

with Scissors
- hold & cut -
Gently hold a bunch of microgreens and cut.

with Knife
- hold & cut -
Gently hold a bunch of microgreens and cut.

Storing Microgreens

Harvest microgreens fresh before consume or harvest and store it in the refrigerator. It can last up to 2 weeks in the refrigerator with a proper storage.

Before storage: Keep it dry

- Stop watering for at least 12 hours before harvest. Wash only before consume.
- If you prefer to wash your microgreens before storage, spin dry microgreens in a salad spinner, remove hull if there's any (easily come off when it's wet).
- To reduce water trapped in between, lay microgreens out loosely on a flat tray on top of kitchen paper towel with a good air circulation until it's dry. Do not leave it out for too long.

Image: Microgreen Pea

During storage: Keep the cool

- Store it in a ziplock bag or a food grade container with the lid closed (to contain some moisture in keeping it fresh). Place a kitchen paper towel inside to absorb extra moisture.
- Packed the right amount of microgreens: Not too little to avoid oxidation, Not too much to avoid trapping extra moisture.
- Keep refrigerated.

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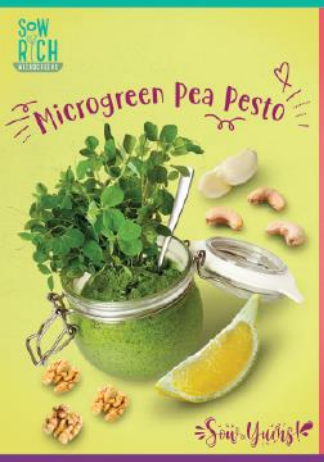


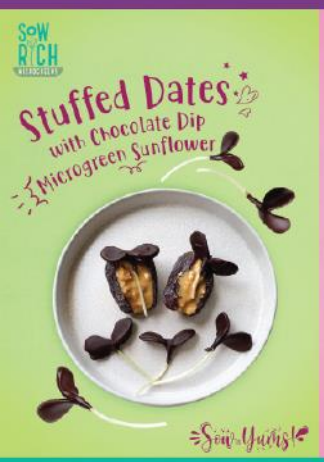
Sow Yums!

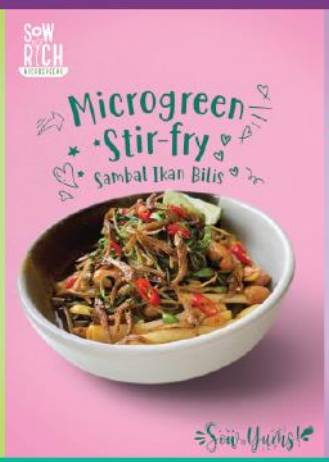
WE ARE HERE TO MAKE NUTRIENT-RICH MICROGREENS DELICIOUS

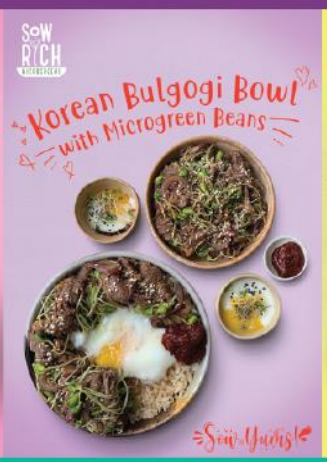
GROW WITH LOVE, COOK WITH JOY, EAT HEARTY!

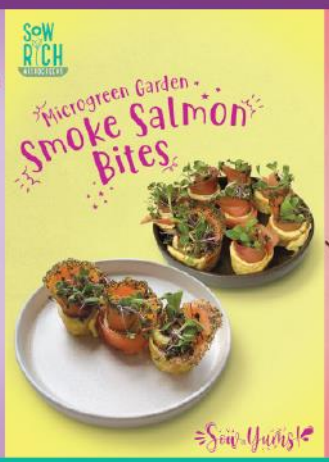
Every microgreen has their very own unique characteristic and taste that can turn into various dishes with different experiences. We crafted a wide selection of delicious recipes ideas that you can easily make at home, with the pairing of microgreens and food combination for maximum impact. You will be amazed by how microgreens can elevate the presentation, flavours and sensations of your dishes.
Moreover, it's so fun and easy to grow your own microgreens, freshly harvest from kitchen counter top to your meals, it cannot get any fresher than that.

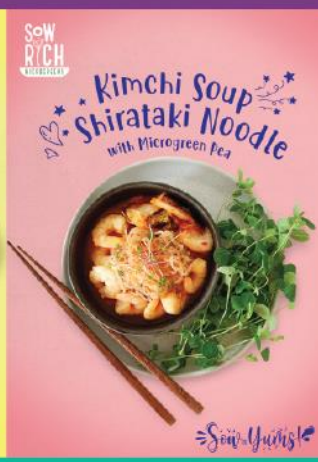
CLICK HERE to Start Your Exploration Now!











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We believe that it is much more fun when we practice it together!

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Disclaimer:
All the knowledge and techniques expressed were learned from various sources and based on our own trial and errors. The productiveness of the methods, any seed and products we sell is subject to your commitment to the planting process, the sowing method you adopt and other factors such as local climate conditions or environment of the planting process. We give no warranty or assurance, and are in no way responsible for the produce.

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