



# Columbia Nursery

## Growing Microgreens at Home

Fresh Greens Year-Round with Columbia Nursery

Microgreens are one of the easiest, fastest, and healthiest ways to grow fresh food at home—no garden or special equipment required! Whether you're growing on a kitchen counter or under a windowsill, microgreens are perfect for beginners and seasoned gardeners alike. These tiny greens are packed with nutrients and are ready to harvest in as little as 1–3 weeks.

### What Are Microgreens?

Microgreens are the young seedlings of vegetables and herbs, harvested just after they sprout their first true leaves. They are nutrient-dense, full of flavor, and require very little space to grow.

### Why Grow Microgreens?

- Quick & Easy – No green thumb required!
- Fast Harvest – Most are ready in 1–3 weeks.
- Packed with Nutrition – Up to 40 times more nutrients than mature greens.
- Year-Round Growing – Indoors, no matter the season.
- Small Space Friendly – Grows on a windowsill, kitchen counter, or shelf.

### Microgreens vs Sprouts

Microgreens are different from sprouts. With sprouts, you eat the entire seedling including the seed and root, and they are grown in water. Microgreens are grown in soil or a soilless mix, and you only harvest the leafy top growth. This method results in more photosynthesis, greater mineral absorption, and a higher nutritional content.

### Supplies You'll Need

- Microgreen seeds (available at Columbia Nursery)
- Shallow tray or container with drainage holes
- Seed starting mix or coconut coir
- Spray bottle or mister for watering
- Grow light or sunny window (4–6 hours of light daily)

### Step-by-Step: How to Grow Microgreens

1. Fill your tray with 1–2 inches of moist seed-starting mix.
2. Sprinkle seeds evenly across the surface—crowding is fine.
3. Press seeds lightly into the soil using your hand or a piece of cardboard.
4. Cover the seeds with a thin layer of soil or use a humidity dome, plastic wrap, or damp paper towel until seeds sprout.
5. Mist the surface with water to keep it moist.
6. Once seeds sprout (usually 3–7 days), remove any cover and place the tray in bright light or under a grow light.
7. Continue to mist or bottom water to keep soil evenly moist.
8. Harvest when the first true leaves appear—usually when plants are 1–3 inches tall. Use scissors to snip just above the soil line.



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If your microgreens become tall, pale, or leggy, they need more light. Move them to a sunnier location or use a grow light.

## Beginner-Friendly Microgreens to Try

Microgreen	Flavor Profile
Arugula	Spicy and bold
Basil	Sweet and aromatic
Broccoli	Mild, fresh, nutrient-packed
Cilantro	Fresh and citrusy
Kale	Mild and earthy
Mustard	Spicy, like horseradish
Peas	Sweet and tender
Radish	Peppery, crisp, fast-growing
Sunflower	Nutty and crunchy
Swiss Chard	Mild and colorful

## Can Microgreens Be Grown Outdoors?

Yes! In warm seasons, microgreens can also be grown outdoors in partial shade. Protect them from wind, harsh sun, and garden pests.

## Harvest & Enjoy!

Use scissors to harvest just what you need. Rinse microgreens gently and pat dry. Add them to salads, sandwiches, smoothies, or use as a garnish.

Store harvested microgreens in a plastic bag in the refrigerator. Use within a few days for the best flavor and freshness.

Once you've harvested all your microgreens, discard the used soil and roots and start fresh with new soil and seeds.

## Visit Columbia Nursery

Stop by for friendly advice and supplies to grow fresh, nutritious greens at home—any time of year!