



## Bloom: A Day-by-Day Microgreens Journey

### Welcome to Bloom!

Hello and welcome! If you're reading this, you're about to embark on a 9 day long adventure that is green, fresh, and full of growth—both in plants and in people. Bloom is a hands-on, real-world learning program where we grow microgreens together. These little plants are fast-growing, full of nutrients, and a perfect way to learn about responsibility, teamwork, and caring for something from start to finish.

This guide is your go-to script. You can follow it every day, word for word, as you lead a Bloom session with students or participants. Let's begin!

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### DAY 1: Planting & Stacking

"Good morning, everyone! Welcome to Day One of our Bloom project. Today, we are planting our microgreens. These tiny plants will be growing with us over the next week, and we get to take care of them every day. Think of this like planting potential — and not just for the greens, but for ourselves too."

#### What we're doing today:

- Gathering clean trays (one with holes, one without)
- Mixing soil with water and fertilizer (40g of fertilizer per gallon of soil)
- Filling the tray with moist soil
- Measuring and sprinkling seeds evenly across the soil
- Pressing seeds gently into the soil
- Spraying the top layer with water
- Stacking the trays and adding a weight

"The reason we're stacking them is to help the roots grow down into the soil, just like in nature. For the next few days, our microgreens will stay in the dark so they can focus on building strong roots."

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## **DAY 2: Dark Phase - Top Watering**

"Welcome back to Day Two! Our microgreens are still in their dark phase. Today is about checking in, watering from the top, and restacking."

### **Tasks for today:**

- Unstack trays
- Check moisture level by gently touching the soil
- If dry, spray the top with water
- Restack trays and return the weight

"The goal today is to keep the environment dark and moist. We want our seeds to feel cozy and encouraged to grow strong roots."

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## **DAY 3: Dark Phase Continues**

"Good job so far! Today is Day Three, and it's another check-in. We are still in the dark phase. Think of this as our 'underground' stage."

### **Tasks for today:**

- Unstack trays
- Spray the soil if it feels dry
- Restack trays with weight on top

"Each time we care for these plants, we're practicing patience and attention. Even when we can't see the growth yet, things are happening below the surface."

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## **DAY 4: Final Day of the Dark Phase**

"Hello and welcome to Day Four. This is our final day in the dark! Tomorrow, our microgreens will see the light."

### **Tasks for today:**

- Unstack the trays
- Water from the top if needed
- Stack them again for one last night in the dark

"Think of today like the last night before a big performance. Tomorrow, the show begins!"



### **DAY 5: Light Exposure Begins**

"It's Day Five, and today is exciting. We unstack the trays and introduce the microgreens to light for the first time."

#### **Tasks for today:**

- Unstack trays and remove the weight
- Move trays under lights or into a bright spot
- Start bottom watering: Add 2 cups of water to the bottom tray

"We want to keep the leaves dry now to prevent mold. Bottom watering means water soaks up from below—gentle and effective."

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### **DAY 6: Growth Monitoring**

"Welcome to Day Six. Now our microgreens are soaking in the light and stretching up tall."

#### **Tasks for today:**

- Check soil moisture and add 2 cups of water if dry
- Keep trays under light for 16 hours (turn off at night)

"This stage is about nurturing steady growth. Like us, the microgreens are responding to consistency."

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### **DAY 7: More Growth, More Checking**

"It's Day Seven! Your greens are probably looking lush and tall. Now it's about keeping them comfortable and thriving."

#### **Tasks for today:**

- Bottom water if needed
- Ensure lights are on and working
- Watch for signs of overcrowding or dryness

"You can start seeing the results of your care. The greens are almost ready!"

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### **DAY 8 or 9: Harvest Day**

"It's Harvest Day! This is the day we've all been waiting for. Our microgreens are ready to be picked, packaged, and maybe even sold or shared."

#### **Tasks for today:**

- Don't water today
- Use clean scissors to cut microgreens just above the soil line
- Gently pat dry with paper towel if needed
- Pack into labeled containers

"Harvesting is a celebration. You grew this! Your work became something beautiful and useful."

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### **DAY 10: Clean Up and Reflect**

"Great job everyone! Today, we tidy up and prepare for the next cycle."

#### **Tasks for today:**

- Clean trays with soap and water
- Disinfect if needed
- Talk as a group about what we learned

"This isn't the end. It's a new beginning. We can grow again—better, smarter, stronger."

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**Bloom is more than just farming. It's learning, growing, and building something together.**