



Curriculum

Purpose

This guide provides step-by-step instructions on how to complete each task. By following it, you'll learn exactly what to do and how to do it.

What Will We Do Today?

Today we're going to grow **microgreens**: small edible plants used in salads, sandwiches, and cooking.

What Will You Need?

Your instructor will provide all the necessary equipment and materials.

Step-by-Step Instructions

1. **Gather materials:** Find a clean tray, germination soil, and a spray bottle with water.
2. **Prepare the tray:** Fill the tray with soil up to 1–2 inches deep.
3. **Level the soil:** Use your hands or a small tool to gently spread and smooth the soil.
4. **Moisten the soil:** Spray the soil with water until it's damp, but not soaked.
5. **Measure the seeds:** Use a measuring spoon or small container to portion the seeds.
6. **Spread the seeds:** Distribute the seeds evenly over the soil.
7. **Press the seeds:** Gently press the seeds into the soil with your hand.
8. **Water lightly:** Use the spray bottle to lightly mist the seeds.
9. **Cover the tray:** Place a lid or another empty tray on top to create darkness.
10. **Store in a dark place:** Move the covered tray to a low-light area.
11. **Check daily:** Each day (for about 3–4 days), lift the lid and spray if the soil feels dry.
12. **Uncover when sprouted:** Once the seeds have sprouted (usually after 3–4 days), remove the cover and place the tray in a well-lit spot.

Watering

- **Check moisture:** Touch the soil with your finger; if it feels dry, it's time to water.
- **Light misting:** Use the spray bottle until the soil is moist. Avoid overwatering.
- **Monitor daily:** Check and mist the microgreens every day as they grow.



Light

- **Provide light:** Place the tray near a window with sunlight or under grow lights for 12–16 hours daily.
- **Rotate the tray:** Turn the tray every few days so all sides get even light.
- **Turn off lights at night:** If using artificial lights, turn them off at night so the plants can rest.

Harvest

- **Check growth:** Microgreens are ready when they're 1–2 inches tall (usually between 7–14 days).
- **Prepare tools:** Have clean scissors and a container ready.
- **Cut the microgreens:** Hold a section and cut just above the soil line.
- **Store in container:** Place the microgreens gently into the container.

Packaging

- **Prepare containers:** Use clean bags or clamshell containers.
- **Fill containers:** Put a portion of microgreens in each one, using a scale if needed.
- **Label:** Add a label with the microgreen type and packaging date.
- **Seal:** Close the container or bag tightly.

Sales (Optional)

- **Set the price:** Confirm the price for each container.
- **Display the microgreens:** Arrange them attractively at a stand or sales point.
- **Engage with customers:** Smile, greet them, and explain the benefits of microgreens.
- **Make the sale:** If someone wants to buy, process the sale and thank them.

Important Reminders

- Follow each step in order.
- Be patient, plants need time to grow!
- Ask for help if you're unsure about any step.