

Table Community Food Centre Presents

Indoor & Balcony Gardening SESSION 1 Growing Soil Sprouts

Microgreens, sprouts, soils sprouts, shots and baby greens are all immature greens. The difference is when they are harvested.

Microgreens	Sprouts	Soil Sprouts
<ul style="list-style-type: none">• Young greens that get harvested when first true leaves come on.• Take longer to reach harvest time• Need light source as soon as germination happens• Need light for proper growth• Flavour is comparable to one of the mature plant• Takes 2 weeks to mature	<ul style="list-style-type: none">• Seed grown in mason jars or sprouting trays• Seeds are first soaked overnight• Plants need to be rinsed 3 times per day• Takes about 5-7 days to mature•	<ul style="list-style-type: none">• Plants are grown in soil vs. jars• Greens are harvested before the first set of leaves emerge• Need soil and trays• Takes 10 days to mature

Growing Soil Sprouts

1. Seed sourcing

- Remember to keep things simple.
- Make a plan of what you would like to grow and keep track of the dates of seeds.
- Keep in an airtight container in a dark place
- Most seeds will last up to 3 years if stored properly.

Mumm's Sprouting Seeds

William Dam (most vegetable catalogues will have a microgreen section)

Popcorn, can try to use one from the grocery store

Seed ideas:

peas, sunflower, radish, broccoli and any cabbage family plants, buckwheat, beets, amaranth

2. Equipment needed

Soiless mix

Aluminum planting trays or any container that will hold about 1 ½ inches of soil depth

Fertilizer and Compost

Getting Started

1. Seed soaking

The first step is to soak the seeds in water for min of 6 hrs but not longer than 24 before planting.

Large seeds: sunflower, radish, buckwheat and peas use **1 tbs of seed** per small container.

Small seeds: broccoli family, mustard and any seeds smaller than a grain of rice use **1 tsp** per small container.

2. Soil preparation

Use soiless mix which is a mix of peat, vermiculite and perlite and sometimes lime.

Don't use garden soil or compost!

The mix comes dry and compressed so it will need to be thoroughly wetted prior to use. Mix 4 l of soil with 4-5 cups of water. Once wet it should have a consistency of a crumbly brownie mix. Once wetted this mix can be stored in ziplock bags ready to use for daily planting.

Before putting the soil in the container, place 2 tsp of diluted kelp meal liquid in the bottom of the tray. Add compost if you have some, ¼ cup.

Next, fill the trays with 1 ¼ cups of pre moistened soil mix and level it pressing down lightly.

3. Plant seeds

Drain the water off the soaking seeds and give them a quick rinse.

Place the rinsed seeds on top of the soil. Spread the seeds with your fingers to ensure that they are not clumping on top of each other. For smaller seeds like broccoli, a spoon may be helpful.

4. Cover the seeds

Fold paper to fit the shape of a container you are using. Paper covers keep the seeds moist and dark until they sprout. If the paper dries out before day 4 pour a little water on top. Check your seed trays every day.

Store the seeds in a warm dark place like a closet or on top of a fridge. If the environment is too cool or wet, mold may develop.

5. Watering

Check your trays daily and water if needed. General rule is that they need water when the container feels light. Make sure to not overwater! Once mature, water the soil not the sprouts.

6. Greening

After 4 days growing in the dark, at 1 inch high, the shoots will be ready to come out into the light. Place them on a window sill or near a light source.

7. Harvest and Storage

Cut the greens 1/4" above the soil using scissors or knife. You can lift the entire thing of sprouts out if needed for easier cutting.

