

RYE DRIFTWOOD GARDEN CLUB

Due to the current Covid 19 situation, Rye Driftwood Garden Club will not be holding meetings until further notice. Please visit our website <http://www.ryehgardenclub.org/> to get the latest update on our club's activities and news.

Growing Microgreens Indoors

By Amy Capasso, RDGC Publicity Chair

Do you want an easy way to add nutrition to your diet without leaving your home? Growing your own microgreens could be the answer!

Microgreens are the immature versions of greens that grow in soil. There are many different varieties you can try. Some popular ones include arugula, broccoli, sunflower, beets, and peas. They're packed with flavor and can provide more nutritional value than their mature versions.

Sometimes microgreens are confused with sprouts but there are a few big differences between the two. Sprouts are grown in water while microgreens are grown in soil. Microgreens and sprouts occur at different parts of the growing cycle of a vegetable or herb. Sprouts are germinated seeds at the infant stage of the growing cycle. Microgreens are greens at the "cotyledon" stage which is when they have their first couple of leaves or first true leaves. Sprouts need very little light while microgreens require a good amount of light and air circulation. The other big difference is the taste. Microgreens are more tender with a little crunch but are loaded with flavor while sprouts have more of a crunch and mild flavor.

There are many benefits to growing microgreens. They require little space and can be put on a counter or even on your dining table as an organic centerpiece. Because they are easy to grow, microgreens won't take up too much of your time. They are nutrient-dense and offer different vitamins and minerals depending on the variety you grow. Plus they're high in fiber, have digestive enzymes and antioxidants. You can add these greens to salads, sandwiches, soups, and use them as a garnish.

Here are a few tips on growing microgreens:

- Use a shallow container with some drainage
- Add about 2-3 inches of potting or seed starting soil
- Spread seeds evenly over the soil then add a thin layer of soil across the seeds
- Use a spray bottle to keep the soil moist without drowning the roots.
- Place the container where it gets a good amount of sun or under a grow light for at least 6 hours a day.
- The microgreens are ready to harvest in 10-14 days or when they have their first couple of true leaves.
- To harvest, cut them just above the soil level. Some varieties can regrow or you can try sprinkling seeds in the same soil but you may not get as many the second time. Toss used soil in with your compost.

You don't need a green thumb to grow your microgreens. It can be done in the comfort of your own home and could be a fun project for the whole family, too!

