



MINNESOTA HARVEST OF THE MONTH

Minneapolis Public Schools' **Farm to School** program brings fresh, local produce from farmers to the cafeteria. The **Harvest of the Month** initiative helps our students build connections to local, healthy food while promoting Farm to School items that are offered in our schools.

Greens are a spring Harvest of the Month item! Growing your own microgreens in your classroom provides the opportunity to watch the life cycle of plants, experiment with different growing conditions, and taste a fun, new food. Your microgreens kit will include a mix of seed varieties. All seeds came from True Leaf Market and general step-by-step instructions can be found here:

<https://www.trueleafmarket.com/pages/microgreens-growing-instructions-soil>

Specific instructions for each seed type are written below along with a short video of the process. Be sure to follow the instructions for the correct type of seeds packed in your kit!

IMPORTANT INFORMATION:

Each microgreens kit includes two 10"x10" trays and eight 5"x5" inserts with drainage holes, plus eight varieties of seeds, one for each 5"x5" insert. We recommend planting at least two varieties of seeds at the same time for comparison across germination, growth, and harvest. **Each envelope of seeds contains the correct amount of seeds for one 5"x5" insert.** Cut your cardboard box to fit your growing setup- either in 10"x10" squares to cover a full tray or in 5"x5" squares to cover each small tray. Carefully follow the directions related to blackout time for each seed variety.

Lettuce (Latin Name: *Lactuca sativa*)

Lettuce microgreens make a great salad base because of their mild taste and soft texture. They have white stems with light green leaves. Lettuce microgreens are full of vitamins C, E, and K, folic acid, and fiber.

Blackout Time | 3-5 days

Germination Time | 2-3 days

Estimated Time to Harvest | 8-14 days



Growing Directions: Prepare your soil by moistening it. Spread seeds evenly across the surface and moisten with a spray bottle. Cover for 2-3 days until adequately germinated. Place in a sunny window and watch grow. Water regularly. Avoid too much heat and humidity. Begin tasting microgreens to mark the change in flavor as they mature, so you'll know when you like to harvest them. The great thing about lettuce microgreens is that you can let them grow to the baby greens stage, harvesting them anytime between. Also suitable for hydroponic growing.

Video Resource: [Lettuce Microgreens to Full Size - YouTube](#)

Broccoli (Latin Name: *Brassica oleracea*)

Broccoli microgreens are fast and easy to grow. They have a high sulforaphane content with a mild broccoli or cabbage flavor. Broccoli microgreens are a good source of vitamins A and C, calcium, iron, and phosphorus.

Blackout Time | 2-4 days

Germination Time | 2-3 days

Estimated Time to Harvest | 8-12 days

Growing Directions: Broccoli grows very fast and is one of the easiest microgreens to grow. It can be sown a little more thickly than other seeds. Keep in the dark with the black-out dome for 3 days and then flip the lid on days 4 and 5 to put a little stress on the emerging seedlings. This will strengthen the crop. Also suitable for hydroponic growing.

Video Resource: [HOW TO GROW BROCCOLI MICROGREENS || Step by Step Guide - YouTube](#)



Beet Greens (Latin Name: *Beta vulgaris*)

Beet microgreens have beautiful multicolored stems and leaves with an earthy, almost sweet flavor. Beets are known for their powerful antioxidants, immune boosting properties and loads of vitamins and minerals. Beet microgreens are crunchy and juicy!

Blackout Time | 6-8 days

Germination Time | 4-5 days

Estimated Time to Harvest | 12-23 days

Growing Directions: For best results, presoak beet seeds for 4 hours. Prepare your soil in your tray by tamping it and making sure it is moist. Bury the beet seed with a thin layer of soil. This provides the ideal conditions for the seeds to germinate and serves to de-shell the seed. Keep soil adequately moist but not soaking wet as it will lead to possible rot. Keep covered with the blackout dome for up to 4-5 days.

Video Resource: [How to Grow Beet Microgreens - YouTube](#)



Rainbow Swiss Chard (Latin Name: *Beta vulgaris*)

Beyond their stunning colors, rainbow Swiss chard microgreens are packed with health benefits from antioxidants. They have a sweet, earthy flavor similar to beets.

Blackout Time | 4-7 days

Germination Time | 2-5 days

Estimated Time to Harvest | 8-12 days

Growing Directions: Prepare your soil in your tray by tamping it and making sure it is moist. After presoaking, sow your seeds and then cover with a thin layer of soil. This provides



the ideal conditions for the seeds to germinate. After a while, the beets will start to poke through the top layer which also serves to de-shell the seed. Keep covered with the blackout dome for up to 5-7 days. After that, place under a grow light (or natural light) until mature! Cut close to the soil line to feature the colorful stems. Also suitable for hydroponic growing.

Video Resource: [How to grow Swiss Chard Microgreens - YouTube](#)

Red Acre Cabbage (Latin Name: *Brassica oleracea*)

Red Acre cabbage microgreens grow petite red and violet stems with variegated shades of green leaves. They are easy to grow and have a strong broccoli/cabbage flavor and a tender, fresh texture.

Blackout Time | 2-4 days

Germination Time | 2-3 days

Estimated Time to Harvest | 6-14 days



Growing Directions: Tamp and moisten soil before spreading your Red Acre cabbage microgreen seeds across its surface. You may want to cover seeds with a thin layer of soil. This will keep the seeds moist for longer. However, allowing the seeds to germinate on the surface is fine too! Cover with weighted cardboard for the first 3 days. Once seeds have germinated and poked through soil, uncover the tray and place it near light. Continue to grow, providing water from the bottom, for an additional 3-11 days, until ready for harvest!

Video Resource: [How to grow red cabbage microgreens - YouTube](#)

Carrot (Latin Name: *Daucus carota*)

Carrots can be grown as microgreens. The green top when in microgreen stage has a delightful flavor of mild sweet carrot. The texture is like dill, without any dill taste. These are slower-growing than many other microgreen varieties.

Blackout Time | 4-7 days

Germination Time | 4-7 days

Estimated Time to Harvest | 14-20 days



Growing Directions: Fill your perforated 5"x5" tray 3/4 full with soil and tamp down. Spread seeds evenly across the surface. Cover the seeds with a thin layer of soil and gently push down the soil. Keep the soil and seeds moist by misting with the spray bottle. Blackout the tray with a weighted cover. After 4-7 days, when at least 80-90 percent of the seeds have grown small, white shoots, you can remove the blackout cover. Place the tray near a strong light source and bottom-water regularly.

Growing Resource: [Step-by-step instructions for growing carrot microgreens](#) (web site)

Lacinato Kale (Latin Name: *Brassica oleracea* var. lacinato)

Also known as dinosaur kale, black Tuscan kale, and Tuscan kale.

Kale microgreens have a rich, mildly sweet and nutty flavor and aroma similar to other brassicas. Kale is considered a super food and kale microgreens have even more concentrated health benefits from vitamins B6, C, E, & K and minerals phosphorus, folate, magnesium, & potassium.

Blackout Time | 2-3 days

Germination Time | 1-3 days

Estimated Time to Harvest | up to 10 days

Growing Directions: Fill your tray just below the brim with soil, mist it with water to sufficiently moisten, and pat down slightly (don't compact it!). Spread seeds evenly across the surface of the soil. The denser you sow the seeds, the thicker your crop will turn out. However, be wary of over-seeding, which can lead to the seeds becoming overcrowded and result in crop failure. After seeds are sown, lightly mist the seeds and cover for 2-3 days to allow seeds to germinate. Check moisture daily and mist as needed. After 3-4 days, uncover seeds and place them under a grow light or near a window with a lot of sunshine (rotate tray to a window to prevent "bending" in the microgreens). Continue to water when needed for up to 10 days. Be careful not to overwater, especially in the middle of the tray, as that leads to mold or fungus. By then, you should have a bounty of little greens to taste. Use a clean pair of scissors to harvest the microgreens about ½-inch above the soil. Also suitable for hydroponic growing. Also suitable for hydroponic growing.

Video Resource: [EASY to Grow Kale Microgreens from Seed to Harvest: Red Russian Variety - YouTube](#)



Sango Purple Radish (Latin Name: *Raphanus sativus*)

Sango radish have white and pink stems with spectacular purple and green leaves. They have a fresh, nutty flavor with a spicy kick and very crunchy texture.

Blackout Time | 1-2 days

Germination Time | 2-3 days

Estimated Time to Harvest | 6-10 days

Growing Directions: Fill your tray just below the brim with soil, mist it with water to sufficiently moisten, and smooth the surface as much as possible. Spread seeds evenly across the surface of the soil and lightly mist with water. Radish seeds need complete darkness for germination so cover with cardboard and place a small weight on top (5 pounds or less) for 2-3 days. When the sprouts start to push the cover and weight up, remove it and transfer the tray to a window with a lot of sunshine. Always water your radish microgreens by soaking from the bottom tray. Put a couple inches of water in the bottom tray and allow the roots to reach down to get what they need. Feel the weight of the tray every few days to decide if the microgreens need to be watered again. Also suitable for hydroponic growing.

Video Resource: [How to Grow Radish Microgreens - YouTube](#)

