

TABLE OF CONTENTS

INTRODUCTION3

 What Are Microgreens?5

 What’s The Difference Between Microgreens and Sprouts?.....5

CHAPTER ONE – Meet Four Successful Growers.....7

 Bella Verdi Farms7

 CC Gardens8

 Gro-Action Greens9

 Lucky Leaf Gardens.....11

CHAPTER TWO – Best Microgreens13

 Microgreen Mixes.....29

 Baby Greens30

CHAPTER 3 – Growing Microgreens.....31

 Microgreen Seed Selection.....32

 Microgreen Growing Equipment34

CHAPTER FOUR – Three Steps To A Perfect Microgreen Crop41

 Production Problems & Solutions46

CHAPTER 5 – Marketing Your Microgreens48

CHAPTER 6 – Resources For Microgreen Growers59

 Videos60

 Seeds61

 Microgreen Growing Equipment Trays64

 Soil-Less Pads65

 Grow Lights65

 Propagation Mat66

 Fertilizer67

 Scales & Scissors67

 Hydroponic Microgreen Systems69

CHAPTER 7 – How To Build The “Microbox”70

 Microbox Materials List76

 Specialty Crop Guide Books –78

Beet: This colorful plant has been grown for thousands of years. It originated in the Mediterranean region, where the Romans use it for medicinal purposes and food. Most of us are familiar with the beet root, but when grown as microgreens, the young plants can add a delicious earthy taste and color to almost any dish. At harvest time, the leaves are green and the stems are a rich maroon red. Bull's Blood is the reddest of all the beet microgreen varieties, but the seed is very expensive. Most commercial growers substitute the more affordable Ruby Queen or Detroit Dark Red – a heirloom variety.

Growing Tips:

- Soaking beet seeds for 24 hours is recommended to improve germination.
- Beets do best in soil, not on mats.
- A quarter-pound of seed will produce 3-4 trays of microgreens.
- Cover seeds with a damp paper towel during germination.
- Germinates in 4-6 days – Harvest in 8-12 days after germination.
- If seed hull is still attached to greens, wait another 2 days to harvest.

CHAPTER 7

How To Build The “Microbox”

One of the biggest challenges facing new microgreen growers is how to master growing techniques on a large enough scale to make some money while learning the essentials of commercial growing. Some newbies, who are blessed with more money than sense, rush out and spend thousands on equipment they don't know how to use, without any customers for the greens they hope to produce.

Most of us can't afford a large, complicated setup, but still need to learn how to grow at least the popular microgreens, and find that all-important first paying customer. To help with that challenge, I designed and built the “microbox.”

With the microbox, you can grow almost anywhere, anytime, as it is an indoor unit that takes just four square feet of floor space, costs around \$200, yet can produce as much as 20 pounds of microgreens a month.

