



# TSP 18 Fall Workshop



## Microgreens Production For Preparedness & Spice In Life

### The What & Why of Microgreens

- Almost any vegetable seed, grown to the cotyledon stage which is the first true leaves, and just beyond if preferred, but not to baby leaf size (unless you want to).
- Nutrient Dense, 4x to 40x more nutrition than the actual vegetable grown to maturity.
- Fast growing! Microgreens take between 7 and 30 days. Most grow in 10 days.
- So many flavors and actually many uses. Not just a garnish. (Ramen Radish Noodles, Salad Ingredients, Wraps, Snacking on peas and sunflower, additions to other meals like burgers and ethnic dishes)
- Volunteer plants are a side effect. Think micro cilantro, then full size cilantro by accident. Think micro kale, then kale chips. MG seeds are the same seeds as everything else, you're just looking for 85% germination and up.
- Fodder for animals, even if it's just the root mass. Rabbits, Ducks, Chickens, Quail, Goats, etc...

## **Microgreens & Prepping They Go Together**

- Seed banks. You already have a fresh rotating seed storage bank if you're growing microgreens regularly.
- Variety and nutritious food at a great price.
- Complete control over your food. Non GMO & untreated seed. Soil you control! Conditions you set!
- Seeds are actually surprisingly inexpensive when there isn't marketing bullshit behind them.
- Often seeds come in their own mylar bag or at the very least a nice zip lock. If you're growing, they aren't getting old and often I have seeds last 2 to 3 years unsealed.

## How Much Does This Cost?

| SEED TYPE      | SEED COST/UNIT | 10X20 TRAY / SEED PKG | TRAY YIELD | TOTAL YIELD | GREENS COST/LB |
|----------------|----------------|-----------------------|------------|-------------|----------------|
| Radish (Arrow) | \$6 / lb       | 11                    | 14 oz      | 9.5 lbs     | \$1.80/lb      |
| Sunflower      | \$37 / 5 lbs   | 13                    | 2.5 lbs    | 32.5 lbs    | \$2.13/lb      |
| Salad Mix      | \$14.80 / lb   | 23                    | 8 oz       | 11.5 lbs    | \$3.29/lb      |
| Green Peas     | \$14.80 / lb   | 8                     | 1 lb       | 8 lbs       | \$2.85 / lb    |
| Arugula        | \$10 / lb      | 48                    | 5 oz       | 15 lbs      | \$3.80 / lb    |
| Bird Sunflower | \$14 / 40 lbs  | 107                   | 2.5 lbs    | 267.5 lbs   | \$.45 / lb!!!  |

## The Set Up & Materials List

- Jack's Set-up costs about \$50 on Amazon for the rack & light. This is plenty of room for a home set up and looks nice.
- Rack : <https://amzn.to/2RrvSga>
- Light : <https://amzn.to/2QgsJQf>
- Good Quality Potting Soil ~ \$12 (Dr. Earth Pot O' Gold or Fox Farm for example)
- Chunky Perlite ~ \$25 for 4 cu at the feed store (Not Required but very helpful)
- Planting containers. These can be tupperware, plastic take-out stuff, cardboard, or actual planting containers.
- Something to scoop soil with helps
- Tablespoons, or a scale
- Brown Paper Towels
- Hose & Sprayer

## **Planting Instructions**

1. Prep Trays (Dates if you want and labels. Clean)
2. Mix Soil if using Perlite
3. Spread Soil in trays and wet. Saturate fully if using perlite. Water lightly if not.
4. Weigh and broadcast seeds.
5. Spray Again to achieve soil contact.
6. Cover with Towels or Humidity Dome
7. Stack/weight if necessary
8. Wait, Uncover when appropriate height. Go to lights, harvest when ready.



Mixed Soil

# Soil & Perlite



Ready For  
Lights!



READY FOR LIGHTS!

