

# HANDS ON

## Grow Your Own Microgreens

### What you'll need:

- A recycled 16 oz. container (ex. yogurt, cottage cheese, etc...)
- Permanent markers
- Potting soil
- Leaf lettuce seeds or other vegetable seeds with edible sprouts (basil, cilantro, green beans, lima beans, beets, or arugula)
- **NOT ALL SEEDS ARE SAFE TO USE. MAKE SURE THE SEEDS GROW GREENS THAT ARE GOOD TO EAT.** Also, some seeds are treated with chemicals. Use untreated seeds.

1. Using permanent markers, decorate your container with animal faces, flowers or fish.
2. Fill the container with potting soil and plant your seeds according to the directions on the seed packet. (Lettuce is a great crop to choose because it will start to grow in just a few days! Green beans, beets, basil, and lima beans are also fast growers!)
3. Water your garden lightly, and continue to water it a little each day; be careful not to water it too much. (A mist sprayer is good.)
4. Set the container on a sunny windowsill, and in a few days your seeds will start to sprout!
5. After a week or so (depending on seeds), you can give your microgreens a haircut!. Trim the microgreens with scissors and mix them in a salad, use for a garnish, or eat them plain.

**Enjoy your healthy microgreens!**

