

Eat your (micro)Greens!

A worksheet for Year 3

Micro greens are teeny, tiny seedling leaves grown from sprouted seeds. They are delicious, nutritious and very easy to grow. You should be able to find everything you need at home:

Equipment: jam jar, margarine tub or plastic takeaway container, cotton wool, seeds, scissors, water, tea bags.

Seeds you can use: try whole (not split) dried lentils, chickpeas, peas, sunflower seeds (raw or in the shell), mustard or coriander seeds.



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1 First you need to soak your seeds overnight: place half a cup of seeds into a clean jam jar and completely cover in fresh water – leave to soak overnight. This helps to speed up germination by softening the seed coat.



Sunflower seeds (left)
Red lentil seeds (right)

2 The next day, drain your seeds, give them a rinse and line your tub or tray with a layer of cotton wool. Sprinkle your seeds in a level, even layer over the top of the cotton wool – they can be touching each other, but don't have layers of seeds. Give them some water so the cotton wool is wet but don't flood it otherwise your seeds will start to rot. Leave your tray of seeds in a warm place to germinate and give them water whenever the cotton wool feels dry. They don't need light at this stage as the seed has enough food stored inside to start off germination.



Sunflower seeds (left)
Red lentil seeds (right)



You can use a mist sprayer to water your seeds too.



Cold rooibos tea to feed your seedlings

3 After a few days, your seeds should start to germinate. As we are using cotton wool, we will need to feed our seeds. This is where the tea bag comes in! I use cold rooibos tea but you can use regular tea too. Make sure it is COLD before you feed your seedlings though! Your germinated seeds will need to be moved to a sunny place now too so that they can use the light to photosynthesise (make their own food).

My sunflower seeds didn't make it – think I added too much water 😞



4 The shoots are edible as soon as they come up but wait until they are between 5-8cm high. Don't let them grow too high, otherwise they start to taste bitter. Snip them off near the base with your clean scissors and give them a rinse in some water. You can add your freshly harvested microgreens to your sandwiches or wraps, or sprinkle them on salads, stir-fries or pasta. They are very nutritious and make a healthy snack.



5 You can start your next tray of seeds now – maybe try a different type this time and see if they grow faster, taste better, look prettier...

HAPPY SPROUTING!