



THE YEAR-ROUND POTAGER

SOW MICROGREENS

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Sprout seeds and grow mini greens that will be ready to eat in just a couple of weeks!

To sprout bean seeds, take a glass jar and put your seeds inside. Place netted fabric over the jar and secure. Always make sure you use appropriate types for sprouting and follow pack instructions. Ensure equipment is cleaned thoroughly before use, too.

Use cold water to rinse the seeds, and then hold the jar under the tap, filling it nearly to the top. The seeds can be left in the jar of water to soak overnight. The next morning, rinse the seeds again, then hold the jar upside down and drain all the water out.

When the growing season is winding down outside, you can still scratch the growing itch by cultivating delicious microgreens indoors. These sprouting seeds and mini leaves are young versions of veg and herbs, perfect for adding to salads or using as sandwich fillings. Try cress, mustard, mizuna and more for a varied harvest. Perfect for beginners and experienced growers alike, follow this step-by-step guide from *GYO* to get started.

Put the jar on its side in a dark place at room temperature. Rinse the seeds on several occasions throughout the day. It will take under a week for the sprouts to be ready – drain them and enjoy, or store them in the fridge for a few days.

Cress is one of the most popular microgreens to grow. To get started, get a little plastic container (used pots from supermarket products work well once washed), place kitchen towel or cotton wool in the bottom of the container and water.



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Scatter the cress seeds over the damp kitchen towel in the bottom of the pot. If you are growing different varieties of microgreens, it is a good idea to label the individual containers, as when the plants start to grow they can look very similar!

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Cover the seeds with another piece of kitchen towel, until germination begins. It is important to keep seeds moist throughout – you don't want them to dry out! Cress is ready to enjoy 10 to 14 days after sowing. Use scissors to harvest this crop once 5cm tall.

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When sowing mizuna and baby salad leaf seeds, choose a slightly larger container and fill it around half way with good quality compost. Scatter the seeds over the tray before adding a small, thin layer of soil on top. Remember to label the pots.

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Water the compost, making sure it doesn't dry out, although you also don't want the seeds to be heavily waterlogged. Be mindful and check the soil with your finger first. Seeds will germinate in around one to two weeks, so you can enjoy these little greens in no time.

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You can harvest mizuna seedlings when they are around 5cm tall. Use a pair of scissors to do this, and enjoy these mini leaves, which have a subtle spicy taste, in salads, sandwiches and as flavour-filled garnishes for a variety of dishes. They are delicious!

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By growing different types of microgreens you can cultivate a harvest inside, even if the autumn weather outdoors is unappealing! Sow seeds every few weeks for a frequent supply, and when harvesting use scissors to cut away small sections at once and enjoy.

GYO'S TOP TIPS



MIX IT UP WITH DIFFERENT VARIETIES

The beauty of growing microgreens is that they take up so little space! All you need is a windowsill and you can grow a plethora of different types, from the classic, much-loved cress to the spicy bite of mizuna or the abundance of a mixed salad packet. Don't hold back here – it is worth trying different options to see which one you like best. You may have tasted some varieties as mature leaves, possibly they were slightly bitter? The advantage of harvesting these mini greens is you take them when they are young, so the unfavourable texture and bitter taste you might have experienced when eating mature yields isn't a problem!

LET THEM GO

If you want larger leaves, however, you can let them grow for several more days to get bigger harvests. These will be even better for adding that extra element to your salads, giving a tasty bite and a flavour sensation! Sow crops every few weeks for a constant supply, and make your windowsill the site of a growing bonanza this autumn.

GROWING PROBLEMS

The brilliance of growing microgreens indoors is that in general, pests are outside – you don't have to worry about slugs and snails devouring the tasty seedlings. The biggest problem you may have is if the seed trays and kitchen towel lined containers dry out. Is important that the growing medium remains moist so your seeds can germinate and develop well, so keep a close eye on this and mist with water when needed.

