Microgreens

1. Place soil pellet in container. Pour 2 Tbsp of water on top. Wait for it to absorb.
2. After pellet has expanded, squish soil out of compostable pellet wrapper and use wrapper or your hands to gently spread and level it.
3. Sprinkle .5 tsp chia seeds on top of soil
4. Mist 5 times with water
5. Cover container with a plate or opaque lid.

Tip: you can reuse one of your dessert plates from today as a cover! (They are made of dried palm leaves and completely compostable.)

Caring for your Microgreen Garden

Days 1&2:

* + Leave cover on for 2-3 days, misting a few sprays twice a day to keep seeds moist until seeds sprout

Days 3&4:

* + Leave cover loose for low light for 2 more days, continuing to spray twice a day to keep seeds moist.

Days 5-harvest:

* + At this point the seeds should have sprouted. Remove the cover completely and water 2-4Tbsp a day (don’t let the soil get too soggy). Chia seeds microgreens are best harvested at 10-14 days.

