

MICROFARMTM

organic microgreen grow kit

teeny
greeny[®]
the microgreens co.

Growing Instructions

Your Kit Contains

- Organic seeds in UK-manufactured reusable tins.
- Reusable bamboo grow trays or coir pots.
- Blocks of organic, vegan, peat-free coir in a cotton sack.
- Seeds-of-life germination covers.
- Wooden stick labels.
- Wooden measuring spoon.
- Easy-to-follow, fool-proof instructions.
- Nutritional information about each Microgreen.



These kits have been designed so you plant using half the growing trays at a time to keep a continuous growing cycle of Microgreens.

Instructions

1. Place one of the coir compost blocks onto a saucer or bowl. Gently pour 40-80mL of hot water into the tray and watching the coir soak this up and expand.
2. Tip the expanded coir into the bamboo tray or coir pot included in your kit.
3. Break the coir compost up, spread it evenly, and gently press the coir compost so that you have a nice smooth surface. The coir compost should still feel damp to the touch, if not then lightly water, using only water, with a rose watering can before planting your seeds.
4. Sprinkle some of the seeds, evenly, on-top of the coir. Use one of the seed varieties included in your kit for each tray/pot. We have included a wooden spoon for more accuracy - average covering = 4-6 wooden spoonfuls.
5. Water/ sprinkle lightly with a rose-tipped small watering can. Only use water.
6. Cover with the 'seed-of-life' germination cover included in your kit and leave at room temperature or a warm dark area like an airing cupboard for 3-5 days and keep checking to make sure the coir hasn't dried too much; if it feels very dry then sprinkle some more water onto the seeds and replace the cover until you start to notice the seeds germinating. Optimum temperature is 20-22°C.
7. When your Microgreens start to sprout, remove the 'seed-of-life' germination cover and place the tray/pot in an illuminated area, ideally on a windowsill. Do not use a lamp. Water lightly from above, being careful not to over water or saturate the coir compost. (If you do over water tip the tray to release the excess water into the sink).
8. Water every morning and evening. Using a fine rose watering can, water lightly from above whilst the seeds are still sprouting then, when they have leaves, water from the side (tipping the tray or pot at an angle to pour the water from the side and letting the water flow to other side).
9. The soil should feel moist to the touch, not dry and not over saturated.
10. Continue to water daily until the shoots are 5 cm+ in length from their base. Then either snip with scissors or use a sharp knife to harvest your Microgreens.
11. You can keep your Microgreens growing whilst you harvest some and use what you require (if you do not wish to harvest all in one go).
12. Once you bring your first batch of Microgreens into the light you can start planting a second batch; thus starting a continuous growing cycle of fresh Microgreens. (We have included a mini growing calendar in the kit to help you keep track of when you plant).
13. Before planting again, empty the used coir compost, wash and dry the tray and then start again, following the instructions above. (If you have the coir pot kit they can be used for 1-2 cycles before replacing them).

Additional information

We have batched the seeds in our kits so that they average the same growing rate. An average growing cycle is usually 7-10 days from planting to harvesting.

- ♥ The growing cycle of Microgreens can vary depending on the time of year, temperature, air flow and watering.
- ♥ Do not over or underwater the coir compost as the seeds won't germinate.
- ♥ If your Microgreens start to 'flop' they do not have enough water and you need to give them water.
- ♥ Do not over water as this can lead to mould appearing at the base of the Microgreens.
- ♥ When the seeds start to germinate ROOT FUR (lots of fine root hairs that increase the surface area for the new roots to take up water) is visible. It may look like mould but, be assured, it is not!

To join our growing community please visit our website and subscribe to our newsletter or for more support please email feedme@teenygreeny.co.uk

To replenish your seeds we offer refill packs and subscriptions on our website www.teenygreeny.co.uk

Happy Growing

Alice

Grower Extraordinaire & Founder of Teeny Greeny



Nutritional information

All Microgreens are good sources of:

- ♥ **Beta carotene**, from which the body makes Vitamin A – for eyesight, immune system and healthy skin.
- ♥ **Carotenoids** – lutein and zeaxanthin – for eyesight.
- ♥ **Vitamin C** – to make collagen for blood vessel walls and joints, and to help absorb iron from the diet.
- ♥ **Vitamin K** – for blood clotting.
- ♥ **Calcium** – for healthy bones and teeth and muscle contraction.
- ♥ **Antioxidants** – mop up free radicals and so reduce risk of cancer.

In addition to the nutrients listed above, each Microgreen is a good source of other nutrients:

Broccoli

Vitamin B9 (folic acid or folate) – helps make red blood cells, aids protein synthesis, reduces risk of neural tube defects in the fetus.

Phosphorus – for bones and teeth, for making the energy currency ATP, used by the body for all metabolism, and to make nucleic acids.

Selenium – for thyroid function and immune system.

Sulforaphane – inhibits tumour formation.

Vitamin E (alpha-tocopherol) – protects cells from damage by free radicals and so may reduce risk of cancer and inflammation.

Coriander

Vitamin E (alpha-tocopherol) – protects cells from damage by free radicals and so may reduce risk of cancer.

Vitamin B1 (thiamine) – for carbohydrate metabolism, so you can obtain energy from the carbs you eat; helps nerve, heart and muscle function.

Vitamin B2 (riboflavin) – for growth, metabolism and good health.

Potassium – for nerve function.

Iron – to make haemoglobin which is in red blood cells and carries oxygen to your cells; also for the electron transport systems in mitochondria – the parts of cells where respiration takes place to release energy from your food.

Sulforaphane – inhibits tumour.

Kale

Vitamin B6 – for metabolism and to help make melatonin – the hormone that regulates sleep.

Manganese – for liver function and helps the brain, nervous system and many enzymes.

Potassium – for nerve function.

Sulforaphane – inhibits tumour formation.

Mizuna

Potassium – for nerve function.

Manganese – for liver function and helps the brain, nervous system and many enzymes.

Protein – for growth and to make many of the body's cell's toolkit, such as enzymes and haemoglobin.

Iron – to make haemoglobin, which is in red blood cells and carries oxygen to your cells; also for the electron transport systems in mitochondria – the parts of cells where respiration takes place to release energy from your food.

Pak Choi

Potassium – for nerve function.

Manganese – for liver function and helps the brain, nervous system and many enzymes.

Iron – to make haemoglobin, which is in red blood cells and carries oxygen to your cells; also for the electron transport systems in mitochondria – the parts of cells where respiration takes place to release energy from your food.

Pea Shoots

Vitamin B9 (folic acid or folate) – helps make red blood cells, aids protein synthesis, reduces risk of neural tube defects in the fetus.

Protein – for growth.

Radish

Vitamin B6 – for metabolism and to help make melatonin – the hormone that regulates sleep.

Vitamin E (alpha-tocopherol) – protects cells from damage by free radicals and so may reduce risk of cancer and inflammation.

Iron – to make haemoglobin which is in red blood cells and carries oxygen to your cells; also for the electron transport systems in mitochondria – the parts of cells where respiration takes place to release energy from your food.

Magnesium – for nerve and muscle (including the heart) function, for immune system.

Phosphorus – for bones and teeth, for making the energy currency ATP, used by the body for all metabolism, and to make nucleic acids.

Potassium – for nerve function.

Protein – a source of amino acids for growth.

Sulforaphane – inhibits tumour formation.

Red Cabbage

Vitamin B1 (thiamine) – for carbohydrate metabolism, so you can obtain energy from the carbs you eat; helps nerve, heart and muscle function.

Vitamin B2 (riboflavin) – for growth, metabolism and good health.

Potassium – for nerve function.

Iron – to make haemoglobin which is in red blood cells and carries oxygen to your cells; also for the electron transport systems in mitochondria - the parts of cells where respiration takes place to release energy from your food.

Sulforaphane - inhibits tumour formation.

Rocket

Sulforaphane – inhibits tumour formation.

Vitamin C – to make collagen for blood vessel walls and joints, and to help absorb iron from the diet.

Antioxidants – mop up free radicals and so reduce risk of cancer.

Sunflower

Vitamin E (alpha-tocopherol) – protects cells from damage by free radicals and so may reduce risk of cancer and inflammation.

Selenium – for thyroid function and immune system.

Tatsoi

Iron – to make haemoglobin, which is in red blood cells and carries oxygen to your cells; also for the electron transport systems in mitochondria – the parts of cells where respiration takes place to release energy from your food.

Potassium – for nerve function.

Protein – for growth and to make many of the body's cell's toolkit, such as enzymes and haemoglobin.

Phosphorus – for bones and teeth, for making the energy currency ATP, used by the body for all metabolism, and to make nucleic acids.

Folate – one of the B-vitamins and is needed to make red and white blood cells in the bone marrow, convert carbohydrates into energy, and produce the nucleic acids DNA and RNA.