

How to Grow Microgreens Indoors

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These teeny microgreens seedlings are grown for harvest at a tender stage and are perfect for a windowsill garden. They are ready for harvest and can have their stems snipped after only two to three weeks of growing. If left to grow, microgreens become young seedlings and then full-fledged plants. To grow microgreens indoors you will need potting mix and bright light. Flavors range from intense, like a full-grown plant, to subtle.

WORKING TIME **1 hr** START TO FINISH **3 weeks** DIFFICULTY **Easy**

What you need

- Garden trowel
- Watering can
- 3-inch peat pots or other suitable containers
- Soilless seed-starting mix
- Vermiculite
- Seeds
- Plant labels
- Plastic wrap

How to do it

STEP 1

Dampen Soil

To get started growing microgreens indoors, remoisten the soilless seed-starting mix, which is a sterile medium that is formulated to promote seed development. Sprinkle warm water onto the mix and blend until it is thoroughly damp.



STEP 2

Fill Containers

Fill each container with premoistened seed-starting mix. There's no need to pack it into place—packing the container too tight will lead to drainage issues. Set the container on a watertight drip tray or saucer.



STEP 3

Sprinkle Seeds

Sprinkle seeds evenly over the surface of the seed-starting mix, sowing them more thickly than you ordinarily would. Leave at least 1/4 inch of space between the seeds.



STEP 4

Cover Seeds

Cover the seeds with vermiculite. This mineral-base material absorbs water and releases it slowly, keeping seeds damp but not too wet. Follow instructions for planting depth provided on the seed packet. Some seeds should be barely covered; others need thicker covering to germinate (sprout and grow) well. Label plantings.



STEP 5

Water

Water the sown seeds with a gentle shower, soaking the vermiculite without washing away the seeds. Until the seeds germinate and green shoots sprout from them, water lightly as needed to keep the seed-starting mix damp. If the mix is too wet, seeds cannot root and fail to grow.



STEP 6

Cover

To encourage the best growth of microgreens indoors, cover the containers with a lightweight sheet of plastic or a domed lid to maintain humidity and promote germination. Set the drip tray on a heat mat designed for seed starting or on a heating pad.



STEP 7

Care For Plants

When the seeds germinate, remove the lid and the heat source. Set the containers on a sunny windowsill to help your microgreens growing indoors. Keep the planting medium damp, and promote healthy growth by watering from the bottom. Pour water into the tray and allow it to be absorbed into the soilless mix.



STEP 8

Harvest

To harvest the microgreens, hold a section with one hand and use the other to snip with scissors. Keep your microgreens cool and in an airtight container until you're ready to use them. Their shelf life in the refrigerator is about a week.

