



PLANTING MICROGREENS

ESSENTIAL QUESTIONS

- What is the difference between microgreens and regular plants?
- How do you plant microgreens?
- What are some of the benefits of eating microgreens?
- Why are microgreens sometimes used in salads?
- How long do they take to germinate?

MATERIALS NEEDED

- Plastic bottles
- Scissors or craft knife
- Marker(multiple colored markers -optional)
- Pen or Drill (optional)
- Ruler
- Marker
- Moist Potting soil
- Seeds
- Yarn

LESSON

Microgreens are a type of vegetable that is harvested when very small. They are usually about an inch or two long, and they have a very intense flavor. Microgreens can be eaten raw or cooked, and they are a great way to get your daily dose of vitamins and minerals. Some of the most popular microgreens include **kale**, **chard**, and **beet greens**, though other seeds, such as, arugula, basil, bok choy, celery, cilantro, collards, dill, lettuce, parsley, radish greens, and popcorn can also be used.

How to create a self watering microgreen planter from a plastic bottle:

1. Rinse out the bottle with water.
2. Remove any labels. Use the marker and ruler to measure the length of the bottle and mark it halfway. Cut the plastic bottle into two parts horizontally at the mark using scissors or a craft knife. (Optional: design your bottom part water bottle using markers to make it unique to you.)
3. Remove the bottle cap and make one small hole in the center of the bottle cap. If you're using a pen or drill, make a 1/4" hole. Then screw it back on the bottle.
4. Use your ruler to measure one foot of yarn and cut it. Thread the yarn into the bottle cap hole.
5. Fill the bottom half of the bottle halfway with water. Fill the top portion of the water bottle with moist potting soil. Then slide the top of your bottle into the bottom portion of your container.
6. Sprinkle your microgreen seeds on top of the soil. Make sure you cover the whole circumference of the soil.
7. Cover it with a piece of newspaper.
8. Day 1-3 Place the planter in a dark and warm space.
9. Day 4-6 Once the seeds sprout, remove the paper and place the planter by the windowsill or under artificial light.
10. Day 7-10 Harvest the microgreens when they are about 2-3 inches in height.
11. Enjoy eating it right away, in salads, sandwiches, garnishes, smoothies etc.

EXTENSIONS & VARIATIONS

You can also divide the class into teams by the microgreens seeds they've selected. For example Team Kale, Team Popcorn and Team Lettuce. Have them grow multiple varieties of microgreens and have students journal what is happening with their microgreens and note how long it takes for the microgreens to absorb all the water from the bottom half of the water bottle.