



Boonah State High School - Paddock to Plate

Grow your own Microgreens

Welcome to the Boonah State High School Paddock to Plate. As being one of our guests you were giving a pot designed by our schools amazing art classes, as well as some microgreen seedling from our agricultural science class. Below is all the information, steps, and images about how you can grow your microgreens at home. Hope you enjoyed the night and enjoy your Microgreens!

Microgreens - Different types:

Within your small envelope attached to your pot you will have the follow microgreens:

- Cabbage Rubies: Striking microgreen with sweet, mild flavour
- Rocket Emeralds: Fresh bright green with captivating, tangy flavour
- Mizuna Red Gems: Pretty microgreen with mild mustard flavour



Time of year to grow:

- All year round indoors - In warm, well-lit position.
- Outdoors in warm weather

Time period of growth:

- Ready to pick in 2-3 week's

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How to grow your microgreens

Step 1 –

Place Jiffy Peat Pellet into pot or any other shallow container.

Step 2 –

Pour warm water into the pot until the pellet has expanded to around 7 times its original size and is dark brown in colour. Pour off any excess water.

Step 3 –

Pull netting open on top of pellet, place seed into the mix and cover lightly.

Step 4 –

Place pot with Jiffy and seeds in a warm, well-lit position indoors (or outdoor during warm weather).

Step 5 –

Keep Jiffy moist by spraying it with water 2-3 times a day (can do more if need).

Step 6 –

Snip microgreens above the soil line, once they are 3-5cm tall.

Step 7 –

Enjoy your microgreens!