



LITTLE LEAF LAB

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Microgreens DIY Starter Kit Instructions: Rose Radish, Green Pea, Sunflower & Mustard

Welcome to the exciting world of fresh, homegrown microgreens! This comprehensive kit is designed to give you a delicious and nutritious harvest of vibrant Rose Radish, sweet Green Pea, nutty Sunflower, and zesty Mustard microgreens.

What's in Your Kit:

- Rose Radish Seeds or
- Green Pea Seeds or
- Sunflower Seeds or
- Mustard Seeds
- Growing Medium (e.g., Coco Coir, Peat Moss Blend)
- Growing Tray (Box with bag)
- Spray bottle
- Instruction sheet
- Access to how to info and video on our website

What You'll Need (Not Included):

- Clean water (filtered or tap water, ideally room temperature)
- A warm spot (approx. 20-25°C) out of direct sunlight for germination
- A bright spot or grow light for growth

- Sharp scissors or a knife for harvesting
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Phase 1: Preparation & Seeding

Estimated Time: 15-30 minutes

1. Prepare Your Growing Medium:

- There are two methods to prepare your growing medium
- **Method one:** Empty contents of bag into grow box and likely push down on growing medium to compress.
- **Method 2:** Whilst keeping growing medium inside the grow bag, place inside grow box push down to compress. Cut open the top of the bag keeping the growing medium within the plastic to help protect the integrity of the box.
- **Please see video for more information**

2. Soak Your Seeds (CRITICAL for Peas & Sunflower):

- **Green Pea Seeds:** These absolutely require soaking. Place the Green Pea seeds in a separate bowl and cover them with clean, room-temperature water. Let them soak for **8-12 hours** (overnight is perfect). After soaking, drain the water completely.
- **Sunflower Seeds:** These also require soaking. Place the Sunflower seeds in a separate bowl and cover them with clean, room-temperature water. Let them soak for **8-12 hours** (overnight is perfect). After soaking, drain the water completely and rinse the seeds thoroughly.
- **Rose Radish Seeds & Mustard Seeds:** These **do not require soaking**. Proceed directly to seeding.

3. Seed Your Trays:

- You can grow different varieties together if your tray is large enough and you separate them clearly, or use separate trays for each.
- **Rose Radish:** Sprinkle these seeds evenly and densely over the prepared medium surface. Aim for a thick, single layer. **Do not cover with extra medium.**
- **Green Pea:** Spread the **soaked** Green Pea seeds evenly and densely over the prepared medium surface. Aim for a thick, single layer. **Do not cover with extra medium.**
- **Sunflower:** Spread the **soaked** Sunflower seeds evenly and densely over the prepared medium surface, ensuring good seed-to-seed contact. **Cover the Sunflower seeds with a very thin layer (approx. 0.5 cm) of growing medium.**
- **Mustard:** Sprinkle these seeds evenly and densely over the prepared medium surface. Aim for a thick, single layer. **Do not cover with extra medium.**

4. Mist Gently:

- Using a spray bottle, gently mist the entire surface of the seeds and medium until thoroughly moist but not pooling. This ensures good seed-to-medium contact.

5. Cover for Blackout Period:

- Close the lid of the grow box.
- Crucially for microgreens, you want a "blackout" period. This encourages the seedlings to stretch, resulting in taller, stronger stems.
- Place the grow box in a warm spot, out of direct sunlight. Ideal temperature: **20-25°C**.

Phase 2: Germination & Early Growth (Blackout Period)

Estimated Time: 2-7 days (varies by seed type)

1. Daily Check & Mist (If Needed):

- Lift the lid/covering daily to check on your seeds.
- If the medium surface appears dry, mist gently with water. The goal is to keep the medium consistently moist, but never soggy.
- You should see tiny sprouts beginning to emerge. They will be pale due to the lack of light.

2. Look for Germination:

- **Rose Radish:** Typically germinates quickly, within **2-3 days**.
- **Mustard:** Typically germinates quickly, within **2-4 days**.
- **Green Pea:** May take a little longer, around **3-5 days**.
- **Sunflower:** May take a little longer, around **3-5 days**. Look for the seeds pushing up through the thin layer of medium.
- Once most of the seeds have germinated and the seedlings are about **1-5 cm tall** (depending on variety), they are ready for light. Sunflower seedlings should be pushing up their husks; the blackout period helps to push these off.

Phase 3: Introducing Light & Growing On

Estimated Time: 5-14 days (varies by seed type)

1. Introduce Light:

- Remove the lid/covering.
- Move your grow box to a brightly lit location.
 - **Light:** A bright window with indirect sunlight is good. Rotate your tray daily to ensure even growth. Avoid harsh, direct midday sun which can scorch delicate seedlings.
 - **Grow Light (Recommended):** Position your grow light **15-30 cm** above the seedlings. Provide **12-16 hours of light per day**.

2. Watering (Bottom Watering Recommended):

- This is the most critical step for healthy microgreens.
- Keep grow medium moist, do not over water
- Check the weight of the grow box daily; it will feel significantly lighter when it's time to water again. This method encourages strong root development and keeps the leaves dry, reducing disease risk.

3. Air Circulation:

- Good air circulation is important to prevent mold and mildew. If possible, ensure good airflow around your grow box. A small fan set on a gentle setting can be beneficial.

Phase 4: Harvesting & Enjoying!

Estimated Time to Harvest:

- **Rose Radish & Mustard:** 7-10 days after seeding
- **Green Pea & Sunflower:** 10-14 days after seeding

1. When to Harvest:

- **Rose Radish:** Harvest when they have their first set of "seed leaves" (cotyledons) fully expanded. They will be a vibrant green with a lovely pink/red stem, and taste peppery.
- **Mustard:** Harvest when they have their first set of "seed leaves" (cotyledons) fully expanded and are a vibrant green. They will have a distinct peppery, slightly spicy flavour.
- **Green Pea:** Harvest when they are **7-10 cm tall** and have developed a few sets of leaves and possibly some small tendrils. They will taste sweet and be wonderfully crunchy.
- **Sunflower:** Harvest when their first set of true leaves (the cotyledons) are fully open and green, and before the second set of true leaves begin to emerge. They should be around **7-10 cm tall**, and their hulls should have mostly fallen off. They will have a fresh, nutty, slightly sweet flavour and a crunchy texture.
- Taste a small sample from the edge of your tray to determine if the flavour is to your liking.

2. How to Harvest:

- Using clean, sharp scissors or a knife, cut the microgreens just above the soil line. Try to cut as close to the medium as possible without getting any of the medium itself.
- Harvest only what you need for immediate use. While some microgreens (like pea shoots) can offer a "second flush" (regrowth) if cut above the lowest set of leaves, it's usually minimal and less robust. Most microgreens generally do not regrow significantly after initial cutting.

3. Storage:

- Microgreens are best eaten immediately after harvesting for peak freshness and flavour.
- If you need to store them, gently pat them dry with a paper towel. Place them in an airtight container lined with a dry paper towel in the refrigerator. They typically last for **5-7 days** this way.

Troubleshooting:

- **Leggy, Pale Seedlings:** Not enough light. Move closer to a light source or increase light duration.
- **Seedlings Falling Over / "Damping Off":** Overwatering, poor air circulation, or too much humidity. Ensure bottom watering, improve airflow, and reduce humidity if needed.
- **Mold/Mildew:** Can be caused by too much humidity, overwatering, or poor air circulation. Increase airflow, ensure proper watering techniques.

Enjoy your delicious and nutritious home-grown microgreens! What microgreen variety are you most excited to try first?