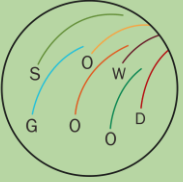


Microgreens

From Seed to Nutritious Food
From Indoor Farm





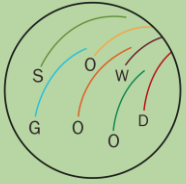
Microgreens

We don't necessary be outdoor
to do farming.

Microgreens are inexpensive,
baby plants which are filled
with nutrients.

Nutritionally and flavorwise,
they can replace more
expensive lettuce and salad
greens.





Microgreens

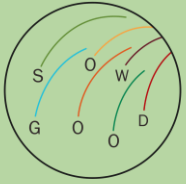
Perfect pack of Nutrients

Rich source of rich in potassium, iron, zinc, magnesium and copper.

Great source of beneficial plant compounds like antioxidants.

Contain higher vitamins than the same quantity of mature greens





Microgreens

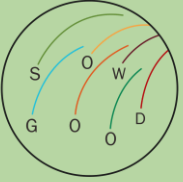
Health benefits

Heart disease: As they are a rich source of polyphenols, a class of antioxidants linked to a lower risk of heart disease.

Diabetes: Antioxidants also help reduce the type of stress that can prevent sugar from properly entering cells.

Certain cancers: Antioxidant-rich fruits and vegetables, especially those rich in polyphenols, lower the risk of various types of cancer.



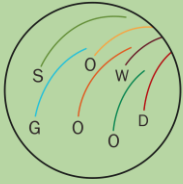


Microgreens

Health benefits

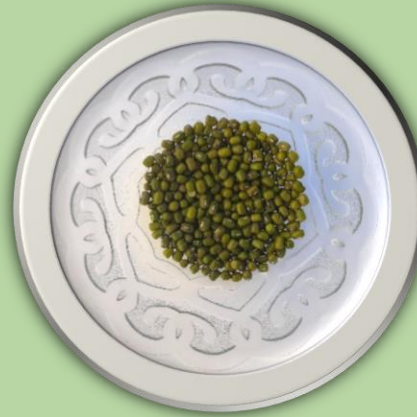
- ❖ They help reduce your risk of heart disease.
- ❖ They help boost your immune system.
- ❖ They help improve eyesight.
- ❖ They reduce constipation.
- ❖ They help ward off digestive ailments.





Seeds

Here are some of the seeds we can get in our kitchen which can use to grow microgreens.



Moong



Fenugreek seeds



Mustard



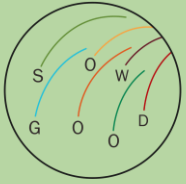
Black Chickpeas



Wheat



Coriander



Soil

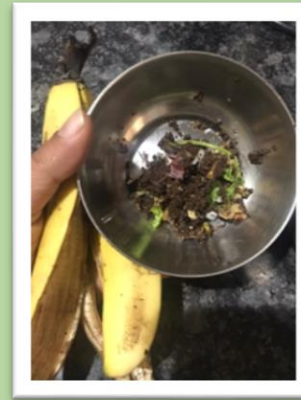
For growing microgreens, we don't need a lot of soil.

These indoor greens are grown on an inch of soil in about seven days.

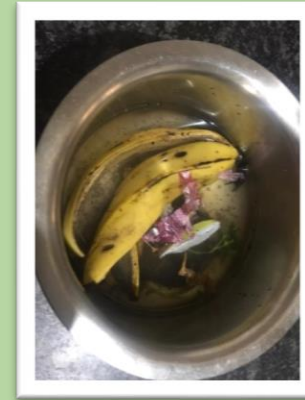
Prepare your soil mix.

Take some soil from the any pot in or around your home and add compost to it.

If you don't have compost at your place here is how you can make



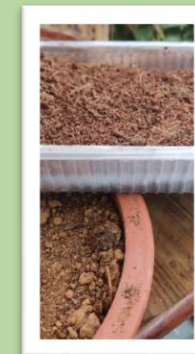
1. Take banana peel, lemon & used tea leaves



2. Boil all of them together for 5-7 mins. Cover & let it cool



3. Add this to your soil



4. Your Soil mix will be ready



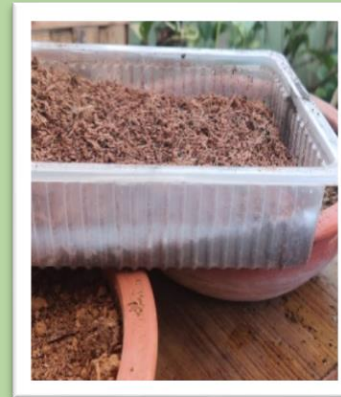
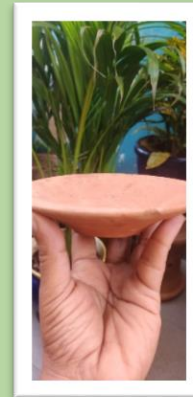
Space

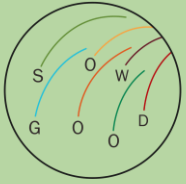
These microgreens can be very easily grown indoors and are self-sufficient.

It requires little time and effort - no costly supplies.

Microgreens can be grown in a tray or a pot with about 2 inches deep.

They can be sown in earthen, ceramic or plastic pot, tray or bowl.





How to Grow



1. Wash the seeds to remove any dust or grime.
2. Soak them in water for 4-5 hrs.
3. Take the tray/pot and spread a one-inch layer of soil mix at the bottom of the tray and smooth it out.
4. Spread the seeds in the middle of the tray evenly with your hands, covering the soil.
5. Sprinkle the tray with water making it damp.
6. Set the tray aside where there is a good balance of indirect sunlight and shade.
7. The tray needs to be watered every day or alternate day depending on weather, humidity and indoor temperature.
8. Microgreens will be ready to harvest when you see first two leaves on a stem

Happy Sowing !!!

