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Simple | universal guide to growing microgreens and micro herbs

Before you decide to grow microgreens or micro herbs, it is important to pay attention to the following factors that influence healthy growth and a high-quality harvest:

Seed Selection and Storage – When growing microgreens, it is important to use high-quality, untreated, and non-dehulled seeds with a high germination rate. It is recommended to purchase them from specialized stores. Store seeds in a dry, dark place in an airtight container at a stable room temperature. Although seeds generally lose viability over time, proper storage helps keep the decline minimal even after 12–24 months. Some seed varieties remain viable for several years.

Choosing the Right Substrate or Growing Medium – Selecting the proper substrate is essential for successfully growing microgreens. It is important to match the growing medium to the specific plant variety you intend to cultivate. For fast-growing varieties (microgreens harvested in 7–14 days), nutrient-free growing media such as cellulose pads, coconut coir, or hemp mats are sufficient. These plants rely mainly on water, drawing nutrients directly from the seed itself. Longer-growing varieties (micro herbs grown for 14 days or more) require a nutrient-rich substrate, such as peat-based mixes, or the use of organic supplements. These provide a continuous supply of essential nutrients throughout the entire growth cycle.

Regular and Even Watering – In general, plants thrive when watered with clean, settled water. The water should be approximately the same temperature as the growing environment – room temperature is ideal. When it comes to watering volume, it is important to avoid extremes. The substrate should be neither overly saturated nor too dry. A consistent, daily supply of an optimal amount of water to the bottom part – the root system – is recommended. A spray bottle is suitable only during the germination phase. During active growth, it is not advisable to apply water directly onto the leaves, as dense growth can be prone to excess moisture buildup and mold formation. For this reason, microgreens should also be grown in an area with good air circulation.

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Suitable Light Conditions – Without sufficient light, plants cannot grow properly, which negatively affects not only their appearance but also their flavor. For optimal photosynthesis, growth, and development, provide microgreens with 12–16 hours of quality light per day. For several months of the year, adequate natural light can be obtained from a sunny, south-facing windowsill. However, during late autumn and winter, it is practically impossible to grow microgreens successfully without artificial lighting. Today, high-quality artificial grow lights are available at reasonable prices. They last for thousands of hours, and if you are serious about growing microgreens, you certainly will not regret the investment. For general growth of fast-growing varieties, light with a color temperature of **4,000–5,000 K** (neutral white) is sufficient. For longer-growing varieties, a **full-spectrum LED at 6,500 K** is recommended, with at least **100–200 µmol/m²/s PAR** (photosynthetically active radiation), which closely mimics natural daylight. This range provides ideal conditions for efficient photosynthesis and healthy growth.

Suitable Ambient Temperature – Growing microgreens does not require strictly controlled conditions. A standard room temperature of **18–24°C (64–75°F)** is generally sufficient. Special attention should be given to the initial

germination phase, which lasts several days (see the individual product descriptions in the e-shop for specific varieties). During this stage, provide the seeds with darkness and consistent moisture. Simply covering the growing trays is usually enough to create suitable conditions. There are a few exceptions – for example, spinach requires lower temperatures during the germination phase.

Harvesting and Storage – Harvest microgreens at the optimal stage of development, when the first true leaves are fully formed. This usually occurs within **7–14 days**. At this stage, the plants have developed their characteristic flavor, proper texture, and high nutritional value. Micro herbs generally require a longer growing period. Cut the microgreens just above the surface of the substrate using clean, sharp scissors. It is recommended to rinse them with clean water before consumption. Harvested microgreens can be stored for several days in sealed, airtight containers in the refrigerator.

Hygiene and Disease Prevention – Grow microgreens in a hygienic environment, such as a clean household setting. If you water the plants properly and in balance, and ensure good air circulation, there is generally no reason for concern. In the occasional case of mold occurrence, it is recommended to discard the affected crop without hesitation. In professional growing environments, it is common practice to apply a **3% hydrogen peroxide solution** to the seeds after sowing. This helps partially disinfect the seeds and reduces the risk of mold during the growth phase. A spray bottle can be used for this purpose. Microgreens treated in this way are completely safe for consumption.

Short Guide – Technique for Growing Microgreens (Microgreens and Micro Herbs)

1. Preparing the Growing Container - Place a suitable growing medium into your chosen container, or evenly spread a thin layer (approximately 2–3 cm) of loose substrate. For longer-growing micro herbs, a thicker layer of substrate may be needed to ensure a better nutrient supply. Keep in mind that hundreds of plants are grown in a relatively small area, and after germination—once the nutrients stored in the seeds are depleted—they will require additional nutrients.

2. Sowing the Seeds - Evenly distribute an appropriate amount of seeds over the prepared surface. The correct seeding density should be determined through practice or by consulting reliable sources for specific varieties and their recommended sowing rates. In our e-shop, this information is provided in each product description. We recommend moistening the substrate before sowing so that the seeds adhere better. Microgreens are typically sown quite densely to maximize the use of growing space. After sowing, gently press the seeds into the substrate and lightly mist them with a spray bottle. For the initial germination phase—lasting several days depending on the variety—place the container in a dark location. It is advisable to cover the container to retain moisture. Check and mist the seeds regularly to maintain stable humidity.

Note: Soaking most seeds before planting is not necessary. However, peas and legumes generally require soaking. Some growers also soak sunflower seeds, although we have not observed a significant difference in their performance. When soaking is applied, it is typically done for 8–12 hours.

3. Germination and Early Growth - Germination time varies by species, usually ranging between 4–6 days depending on moisture levels and ambient temperature. Specific details for each variety can be found in our e-shop descriptions. It is advisable to monitor the process regularly to ensure the seeds have sufficient—but not excessive—moisture and that no mold is developing. Once the seedlings have sprouted and reached a few centimeters in height, move them into the light and continue regular watering. The plants will quickly begin photosynthesizing and developing their natural color.

4. Harvesting - For fast-growing microgreens, it typically takes an additional 3–5 days after sprouting for the plants to be ready for consumption. In most cases, the total time to harvest is similar to—or slightly shorter than—the germination period. Our recommended indicators of the “ideal” harvest stage for each variety can be found at pestuj.sk in the individual product descriptions. For example, peas are quite versatile and can be consumed earlier as young, juicy shoots, sometimes as soon as 2–3 days after sprouting.

If you did not find the answers you were looking for in this guide, we will be happy to receive your questions and gladly expand this manual accordingly.