


# ON THE GROW - MICROGREENS GROW GUIDE

Seed Source	Crop Name	Avg. 1020 Sow Weight (Grams)	Medium	Blackout/Weight Time	Soak Time	Grow Time	Trueleaf Emerges	Avg. Harvest (Grams)	Growing Notes	Ease Of Grow	How To Grow Video Link
	Amaranth (RedGarnet)	15grams	Coco Coir, Soil or Hydroponic Mat	3-ET, 2-BO	No Soak	15-20 days	Day 19	144 Grams	Susceptible to damping off. Use Hydrogen Peroxide or other anti-fungal spray.	Intermediate	
	Arugula(SlowBolt)	20grams	Cocoir or Soil	3W, 2 BO	No Soak	11-13 days	Day 13	266 Grams	Seeds are Mucilaginous, Don't worry about them sticking to top Tray.	Intermediate	
	Basil (Lemon)	7grams	Cocoir or Soil	3ET, 3BO	No Soak	11-17+ days	Day 10	80Grams	Seeds are Mucilaginous, Don't worry about them sticking to top Tray.	Intermediate	
	Basil ( Genovese)	7grams	Cocoir or Soil	3ET, 3BO	No Soak	11-17+ days	Day 11	80Grams	Seeds are Mucilaginous, Don't worry about them sticking to top Tray.	Intermediate	
	Broccoli (PurpleSprouting)	20grams	Coco Coir, Soil or Hydroponic Mat	3-W, 1-BO	No Soak	11-16 days	Day 15	341 Grams	n/a	Easy	
	Beets (BullsBlood)	25grams	Coco Coir or Soil	3-ET, 2-BO	No Soak	11-22 days	Day 21	128 Grams	n/a	Intermediate	
	Beets (DetroitMix)	25grams	Coco Coir or Soil	3-ET, 2-BO	No Soak	11-25 days	Day 25	158 Grams	Cover seed with thin layer of Soil or soil-like medium.	Intermediate	
	Borage	20grams	Coco Coir or Soil	6-ET	No Soak	10-16 days	Day 9	255 Grams	Cover seed with thin layer of Soil or soil-like medium.	Intermediate	 Coming Soon!
	Basic Salad Mix	15grams	Coco Coir or Soil	3-W, 1-BO	No Soak	10-12 days	Day 9	234 Grams	n/a	Easy	 Coming Soon!
	Brussel Sprouts (LongIslandImproved)	25grams	Coco Coir or Soil	2-W, 2-BO	No Soak	11-13 days	Day 10	380 Grams	They get decently tall on their own.	Easy	
	Cilantro (LeisureSplit)	10grams	Coco Coir or Soil	6-W	No Soak	13-17+ days	Day 11	94 Grams	Cover seed with thin layer of Soil or soil-like medium.	Intermediate	
	Corn (YellowPopCorn)	200grams	Coco Coir or Soil	4-W, 3-BO	12 Hours	7 days	Day 2	200 Grams	Keep out of light the entire grow to keep crop yellow and sweet. Even after harvest.	Easy	
	Cabbage (RedAcre)	17grams	Coco Coir, Soil or Hydroponic Mat	3-W, 2-BO	No Soak	10-15 days	Day 14	250 Grams	n/a	Easy	

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	Clover (Red)	25grams	Coco Coir, Soil or Hydroponic Mat	3-ET, 2-BO	No Soak	6-10 days	Day 5	189 Grams	n/a	Easy	 Coming Soon!
	Clover (Crimson)	25grams	Coco Coir, Soil or Hydroponic Mat	3-ET, 2-BO	No Soak	6-10 days	Day 5	178 Grams	n/a	Easy	 Coming Soon!
	Cress (Cressida)	16grams	Coco Coir or Soil	2-ET, 1-BO	No Soak	11-12 days	Day 11	197 Grams	Seeds are Mucilaginous, Don't worry about them sticking to top Tray.	Easy	
	Carrot	15grams	Coco Coir or Soil	5-ET, 1-BO	No Soak	17-20 days	Day 13	177 Grams	n/a	Intermediate	 Coming Soon!
	Dill	15grams	Coco Coir or Soil	5-ET, 1-BO	No Soak	17 - 20 days	Day 13	177 Grams	The get decently tall on their own.	Intermediate	 Coming Soon!
	Edible Marigold	3 grams	Coco Coir or Soil	3-W, 1-BO	No Soak	13 days	Day 7	52 Grams	Looks best when True Leaf is developed	Easy	
	Kohlrabi (Purple/Vienna)	20grams	Coco Coir, Soil or Hydroponic Mat	3-W, 1-BO	No Soak	10-13 days	Day 10	285 Grams	n/a	Easy	 Coming Soon!
	Kale (BlueScotch)	25grams	Coco Coir, Soil or Hydroponic Mat	3-W, 2-BO	No Soak	10-12 days	Day 9	236 Grams	Growth can be uneven with out weight	Easy	 Coming Soon!
	Lettuce (GourmetMix)	10grams	Coco Coir or Soil	3- ET, 3-BO	No Soak	8-20 days	Day 7	231 Grams	Can be very bitter in flavor	Easy	 Coming Soon!
	Lettuce (RubyRed)	10grams	Coco Coir or Soil	3-ET, 3-BO	No Soak	8-20 days	Day 8	190 Grams	Can be very bitter in flavor	Easy	 Coming Soon!
	Melon (Cantaloupe-HalesBestJumbo)	50grams	Coco Coir or Soil	3-W, 2-BO	No Soak	10-13 days	Day 9	343 Grams	Cover seed with thin layer of Soil or soil-like medium.	Easy	
	Mustard (SpicyOriental)	12grams	Coco Coir, Soil or Hydroponic Mat	2-W, 1-BO	No Soak	9-12 days	Day 4	256 Grams	n/a	Easy	 Coming Soon!
	Mustard (Whiteice)	12grams	Coco Coir, Soil or Hydroponic Mat	2-W, 1-BO	No Soak	9-12 days	Day 9	190 Grams	Growth can be uneven with out weight	Easy	 Coming Soon!

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	Mustard (Red Giant)	12grams	Coco Coir, Sol or Hydroponic Mat	2-W, 1-BO	No Soak	9-12 days	Day 5	100 Grams	Growth and germination can be uneven without weight.	Intermediate	Coming Soon!
	Mustard (RedGarnet)	12grams	Coco Coir, Soil or Hydroponic Mat	2-W, 1-BO	No Soak	9-12 days	Day 8	174 Grams	n/a	Easy	Coming Soon!
	Nasturtium (JewelMix)	10grams	Coco Coir or Soil	0-BO	No Soak	8+ days	Day 6	204+ Grams	Cover seed with thin layer of Soil or soil-like medium. We use a 5x5 tray.	Easy	
	Nasturtium (EmpressOfIndia)	10grams	Coco Coir or Soil	0-BO	No Soak	10+ days	Day 7	126+ Grams	Cover seed with thin layer of Soil or soil-like medium. We use a 5x5 tray.	Easy	
	Orach (RubyRed)	20grams	Coco Coir or Soil	2-ET	No Soak	14+ days	Day 6	89 Grams	Cover seed with thin layer of Soil or soil-like medium.	Easy	
	Pea (Speckeled)	250grams	Coco Coir, Soil or No Medium	3-W, 1-BO	12 Hours	9-13 days	Day 6	720 Grams	Pea can grow without a medium. Very strong rooting. Use mesh tray.	Easy	
	Pea (Yellow)	250grams	Coco Coir, Soil or No Medium	3-W, 1-BO	12 Hours	9-13 days	Day 8	387 Grams	Pea can grow without a medium. Very strong rooting. Use mesh tray.	Intermediate	
	Pea (Green)	250grams	Coco Coir, Soil or No Medium	3-W, 1-BO	12 Hours	9-13 days	Day 6	553 Grams	Pea can grow without a medium. Very strong rooting. Use mesh tray.	Intermediate	
	Radish (Rambo)	25grams	Coco Coir, Soil or Hydroponic Mat	3-W, 1-BO	No Soak	8-10 days	Day 9	406 Grams	Growth and germination can be uneven without weight.	Easy	
	Radish (ChinaRose)	25grams	Coco Coir, Soil or Hydroponic Mat	3-W, 1-BO	No Soak	8-11 days	Day 7	471 Grams	Growth and germination can be uneven without weight.	Easy	
	Radish (HongVit)	25grams	Coco Coir, Soil or Hydroponic Mat	3-W, 1-BO	No Soak	8-11 days	Day 7	319 Grams	Growth and germination can be uneven without weight.	Easy	
	Radish (Diakon)	25grams	Coco Coir, Soil or Hydroponic Mat	3-W, 1-BO	No Soak	8-11 days	Day 7	361 Grams	Growth and germination can be uneven without weight.	Easy	
	Sunflower (BlackOil)	125grams	Coco Coir, Soil or Hydroponic Mat	3-W, 2-BO	8hr, 24hr or No Soak	7 days	Day 5	500 Grams	Susceptible to mold. Use Hydrogen Peroxide or other anti-fungal spray.	Intermediate	

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	Shiso (Green)	15grams	Coco Coir, Soil or Hydroponic Mat	5-W, 2-BO	No Soak	11days	Day 6	100 Grams	Must be stretched or it will be short.	Intermediate	
	Spicy Salad Mix	15grams	Cocoir or Soil	3-W, 1-BO	No Soak	8-10 days	Day 4	240 Grams	n/a	Easy	 Coming Soon!
	SwissChard (RubyRed)	25grams	Coco Coir or Soil	3-W, 3-BO	No Soak	12-25 days	Day 25	203 Grams	Cover seed with thin layer of Soil or soil-like medium. Pat down firmly.	Intermediate	
	Tatsoi	20grams	Coco Coir, Soil or Hydroponic Mat	3-W, 2-BO	No Soak	11-13 days	Day 9	300 Grams	n/a	Easy	
<b>LEGEND:</b>	ET= Empty Tray to act as weight	W= Weight (15lbs for 1020 OR 7lbs for Small Green Trays)	B.O= Black out (stretching the crop)	The numbers indicate the amount of days. (3-W = 3 days with weight)							

1Please Note. The values in these charts are imprecise as they reflect ranges and averages. For example, yield is subject to wide variations depending upon procedures, techniques, growing systems, nutrients, light source, growing conditions, harvest stage, and seed source. Trueleaf emerge stage data is based on a test using only water, no blackout & no weight. Results may vary depending on many factors. Please experiment to find the best results for your GrowSpace.

on the grow 

DO YOU BE-LEAF IN MAGIC?