

How-To Grow Microgreens from Alfalfa & Broccoli Seeds

by Beena Chopade

Supplies:

- Purchase the Alfalfa and Broccoli seeds from an online supplier such as Amazon.
- Compartmentalized steel container.
- Dryer sheets.

Instructions:

1. Layer the compartments in the container with moist dryer sheets. Let sit overnight or up to 24 hours.
2. Add the seeds in a layer.
3. Spray with water until nicely drenched.
4. Spray with water for the next 4-6 days until you see the microgreens grow to 2 inches.
5. Place the container by a window.
6. Harvest and refrigerate.
7. Clean container and repeat process to grow more greens.

