

Unveiling the Microgreens Guide: Your Path to Growing Nutrient-Packed Greens

Dive into the world of microgreens and discover the incredible benefits of these nutrient-packed greens. This definitive guide will empower you with the knowledge and techniques to cultivate your own microgreens, ensuring a steady supply of nutritional goodness right at your fingertips.

Chapter 1: The Microgreen Revolution: A Nutritional Powerhouse

Uncover the remarkable nutritional profile of microgreens. Learn why they surpass mature greens in nutrient density, providing a concentrated source of vitamins, minerals, and antioxidants. From bolstering immunity to aiding digestion, explore the myriad health benefits these tiny greens offer.



Microgreens: A Guide to Growing Nutrient-Packed Greens by Eric Franks

★★★★☆ 4.4 out of 5

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Microgreens Comparison Charts



HERBS — Slow-Growing Micro Green Varieties (10-22 days)

Code	Name	Days to Harvest	Plant Height	Plant Width	Plant Weight	Plant Color	Plant Flavor	Plant Notes
10100	Chive	10-12	10-12"	2-3"	10-15g	Green	Mild onion	Great for garnishing
10101	Garlic Chive	10-12	10-12"	2-3"	10-15g	Green	Mild onion	Great for garnishing
10102	Scallion	10-12	10-12"	2-3"	10-15g	Green	Mild onion	Great for garnishing
10103	Green Onion	10-12	10-12"	2-3"	10-15g	Green	Mild onion	Great for garnishing
10104	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10105	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10106	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10107	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10108	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10109	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10110	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10111	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10112	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10113	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10114	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10115	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10116	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10117	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10118	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10119	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10120	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10121	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10122	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10123	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10124	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing
10125	Red Onion	10-12	10-12"	2-3"	10-15g	Red	Mild onion	Great for garnishing

VEGETABLES — Slow-Growing Micro Green Varieties (10-25 days)

Code	Name	Days to Harvest	Plant Height	Plant Width	Plant Weight	Plant Color	Plant Flavor	Plant Notes
11100	Arugula	10-12	10-12"	2-3"	10-15g	Green	Spicy	Great for salads
11101	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11102	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11103	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11104	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11105	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11106	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11107	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11108	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11109	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11110	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11111	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11112	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11113	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11114	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11115	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11116	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11117	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11118	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11119	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11120	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11121	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11122	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11123	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11124	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing
11125	Broccoli	10-12	10-12"	2-3"	10-15g	Green	Mild	Great for garnishing

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Chapter 2: Choosing the Right Microgreens for Your Needs

Discover the diverse array of microgreens available, each with its unique flavor and nutritional profile. Learn how to select the perfect microgreens for your taste preferences, dietary requirements, and growing conditions. From spicy arugula to sweet pea shoots, find the ideal microgreens to suit your needs.

Chapter 3: Starting Your Microgreen Garden: A Step-by-Step Guide

Embark on the journey of growing your own microgreens with our comprehensive step-by-step guide. Learn essential techniques, from choosing the right growing medium to controlling light and moisture. Discover the secrets to successful seed selection and germination, ensuring optimal growth.



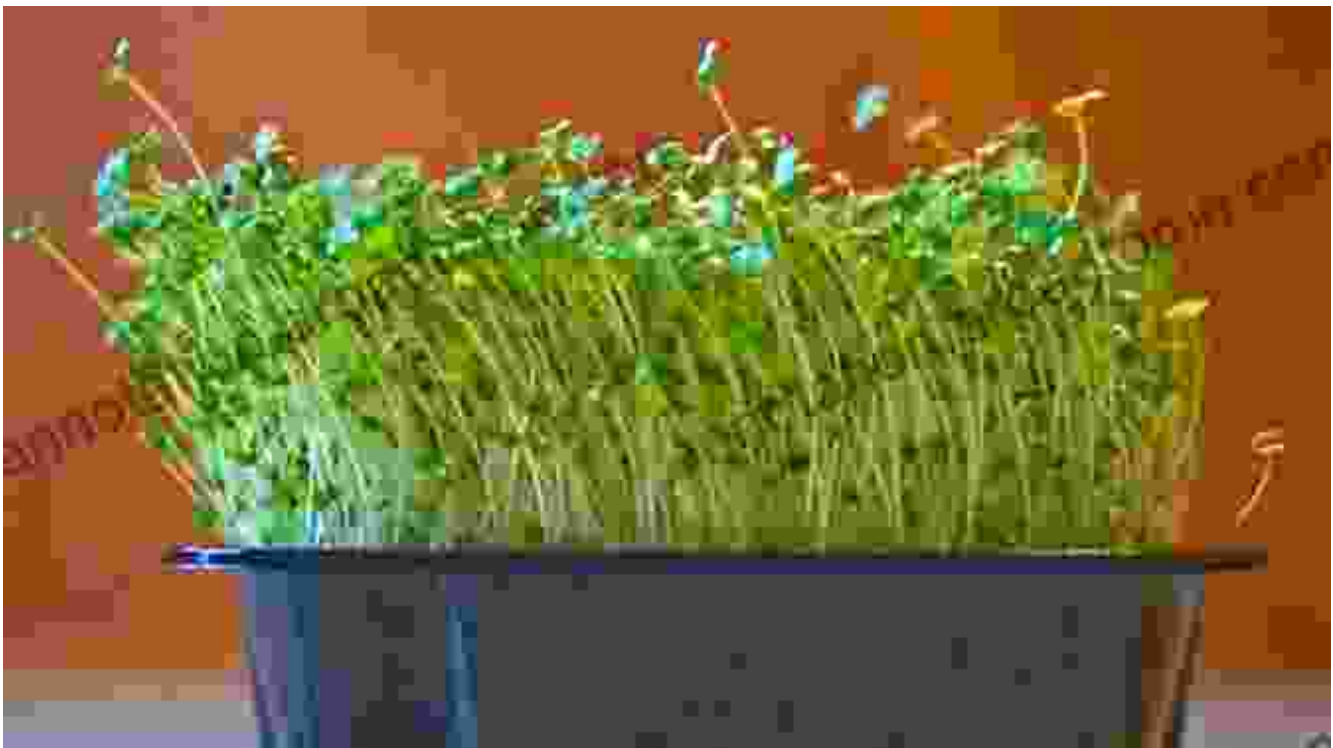
Chapter 4: Harvesting and Preserving Your Microgreen Bounty

Master the art of harvesting microgreens at their peak freshness and nutritional value. Explore various harvesting methods and storage techniques to preserve the quality and nutritional integrity of your greens.

Learn how to extend the shelf life of your harvest, ensuring a continuous supply of fresh microgreens.

Chapter 5: Incorporating Microgreens into Your Diet: Creative Culinary Explorations

Unleash the culinary potential of microgreens and discover endless ways to incorporate them into your daily meals. From vibrant salads and sandwiches to nutritious smoothies and soups, explore innovative recipes that showcase the unique flavors and health benefits of microgreens.



Chapter 6: Troubleshooting Common Microgreen Growing Challenges

Prepare yourself for common challenges that may arise in microgreen cultivation. Learn how to diagnose and resolve problems such as mold, damping-off, and nutrient deficiencies. Discover effective solutions and preventive measures to ensure the health and productivity of your microgreen garden.

: The Future of Microgreens: A Sustainable Superfood

Witness the transformative role microgreens are playing in the future of food. Explore their potential as a sustainable superfood, offering a nutritious and eco-friendly alternative to traditional greens. Learn how microgreens can contribute to a healthier and more sustainable food system.

Embark on your microgreen growing journey today and unlock the nutritional power of these tiny greens. With the Microgreens Guide as your companion, you'll be equipped with the knowledge and confidence to grow and enjoy an abundant supply of nutrient-packed microgreens.

Free Download your copy of the Microgreens Guide now and take the first step towards a healthier and more sustainable lifestyle.



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Greens by Eric Franks

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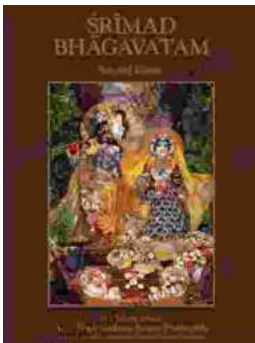
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