

Find this time-saving tip and more in my new book: *The 10-Minute Gardener!* Scan QR code below to Pre-Order and get 3 Freebies!



Microgreens in Minutes

Growing microgreens indoors is a quick and satisfying indoor garden project when the weather is cold and the outdoor garden is dormant. In just 5 minutes, you can set up a flourishing microgreens garden that not only boosts your spirits but also delivers a nutritional punch. Microgreens are harvested at just 2-3 inches (5-7.5 cm) tall, taking up minimal space and making them ideal for an indoor garden.

DORMANT SEASON

HOW TO PLANT MICROGREENS

STEP 1 Containers and Soil

- Opt for containers that are 4-6 inches (10-15 cm) tall. Microgreens have shallow roots, so there's no need to grow them in a container larger than 1 gallon (4 liters).
- Use aerated containers such as biodegradable Cow Pots, or in Smart Pots. All containers should have holes for drainage.
- Fill containers with pre-moistened potting or seed starting mix, lightly tamping down to eliminate air pockets.
- Place containers in shallow drip trays for a neat indoor garden and efficient watering.

STEP 2 Quick Seed Planting

- Densely sprinkle quick-growing varieties like mustard greens, arugula, radishes, and kale in different containers. No need to space seeds evenly.
- Accelerate germination by lightly covering seeds with soil (too much soil will slow germination) and insert plant labels.
- Optimize growth by placing under grow lights with an 18 hours on/6 hours off schedule or place them in a sunny windowsill.

EFFICIENT WATERING TECHNIQUES

- Before germination, keep soil moist by misting with a spray bottle.
- After germination, bottom watering streamlines the watering process.

- Pour several inches (5-7 cm) of water in the bottom of the drip trays, allowing water to absorb from the bottom.
- Pour off water once the top of the soil is a dark brown color, indicating adequate moisture.
- Bottom watering allows for more complete water absorption, reducing the frequency of watering and saving time.

HARVEST AND ENJOY

- Harvest microgreens in 7-10 days when they are 2-4 inches (5-10 cm) tall.
- Snip a small handful at the base as needed.
- Enjoy microgreens in salads, sandwiches, wraps, smoothies, or as delicious toppings for soup, chicken, or fish.

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The rapid growth of microgreens allows you to enjoy nutrient dense greens indoors within a week even when the outdoor garden is dormant for the winter. Microgreens are a hassle-free way to keep your green thumb happy year-round, making it easy to maintain a healthy lifestyle with minimal time investment and space commitments.

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Microgreens Essentials (click each item for link)

*Use code "WINTER" for 20% off seeds, Smart Pots at calikimgardenandhome.com
[CaliKim Microgreens Seed Collection](#)
[1 gallon Smart Pots](#)
[Spray bottle](#)
[Plant saucers](#)
[Plant tags](#)



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- ➔**FREEBIE #1: The 10-Minute Gardener 2025 Calendar**
Downloadable, printable 2025 calendar w/ color photos from my book and time saving tips for each month!
- ➔**FREEBIE #2: \$10 coupon to our Seed & Garden Shop**
- ➔**FREEBIE #3: Book Launch Party Livestream exclusive invite!**