



LET'S LEARN  
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MICROGREENS

For Commercial Growers Cheat Sheets



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The author believes that we are stronger as a community together and has worked hard to try and create the most helpful, and useful set of directions that are available to every grower.

We intend to add additional crop sheets as we continue to grow additional crops.

We grow in a room in our home, which is located in central Florida. This room has a separate air conditioner unit and dehumidifier. We also sell all of our micros live with the only exception being sunflowers. So our advice on packaging is based off of best practices from other farmers.

The optimal environment for microgreen production can be variety-specific, but a favourable temperature range of (18 to 24°C) 64.4-75.2 °F and relative humidity (RH) of 40 to 60 percent would meet the needs of most plants.

# ADZUKI BEAN CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	450 g per 1020 tray
<b>AVERAGE YIELD</b>	19-21 oz. per 1020 tray		
<b>PROCESS</b>	Soak seed 8-12 hours, spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every other day. Keep moist, throughout
<b>PROCESS</b>	Place under lights for ~8 days. Airflow is absolutely necessary. This is a short crop and canopy can prevent air flow. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as this is a short crop and is easy to pull up soil in the roots.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic bag with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Good sellers to restaurants for signature dishes and desserts.
- Adzuki beans are native to East Asia and were brought to the U.S. in the mid 19th century.
- High in protein
- Favorite Seed & Source: Adzuki Beans (organic) from True Leaf Market

# ALFALFA CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	8-12 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 3-5 days – can rotate bottom tray to top after 1-2 days. After 3-5 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle
<b>PROCESS</b>	Place under lights for ~4-7 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash)

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price.
- Prefer cooler temps if possible with your setup.
- Variety that can be grown successfully using hydroponic growing methods.
- Favorite Seed: Alfalfa (organic) Favorite Source: Johnny's

# AMARANTH CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-11 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	25-30g per 1020 tray
<b>AVERAGE YIELD</b>	4-5 oz per 1020 tray		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Do not stack trays – instead place unslotted tray over top for 3 days (helps them grow taller) – After 3 days place under lights.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water as needed throughout rest of cycle. Avoid top watering or over-watering. Err on the side of maintaining dryer soil.
<b>PROCESS</b>	Place under lights for ~4-7 days. Keep good airflow and watch for mold issues. Rotate if necessary. Like temperatures over 70F (75-80F optimal). Heat mats recommended in cooler temps.
<b>POTENTIAL ISSUES</b>	Very prone to mold and damping off. Keep good airflow, avoid over-watering, and maintain good sanitation practices. Can top spray with diluted H2O2.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to fan dry before packaging. If washing is required, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 2-3 days.

## ADDITIONAL NOTES

- Major eye catcher! Attracts attention at farmers markets.
- Good sellers to restaurants. Popular garnish.
- Good addition to microgreens mixes to add splash of color.
- Can be a challenging crop. Heat, air flow, and not over watering is key!
- Favorite Seed: Red Garnet Amaranth Favorite Source: True Leaf Market

# ANISE CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	16 - 25 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	30g per 1020 tray
<b>AVERAGE YIELD</b>	2 - 4 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ added weight on top of stack ) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every other day or as necessary for ~20 Days. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for ~20 days. With the long grow time, damping off is a real possibility if the trays are watered too often.
<b>POTENTIAL ISSUES</b>	Damping off is possible if water isn't evaporating fast enough or seed is sown too dense.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. If grown on soil, harvest carefully as rinsing is not recommended.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Low yielding yet consistent
- Good sellers to high-end restaurants (charge high price)
- Easy to promote for desserts with its licorice flavor.
- Favorite Seed & Source: "Anise" from Johnny's Selected Seeds

# ARUGULA CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	10 - 13 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-25g per 1020 tray
<b>AVERAGE YIELD</b>	7 oz. per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray and mist with water bottle. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. May get better germination if you mist again around day 3. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every 2 – 3 days depending on environmental conditions. Keep moist, throughout. Can be water sensitive, do your best not to over or under water.
<b>PROCESS</b>	Place under lights for up to 9 days. Keep good airflow. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended. If moist foliage, best to fan dry before packaging.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic container with paper towel is around 4-7 days.

## ADDITIONAL NOTES

- Popular among chefs and healthy eating enthusiasts
- Package in smaller quantities with higher price per ounce
- Extremely nutritious as they are still very similar to wild foods (not bred to improve flavor)
- Great to promote as having a spicy bright flavor.
- Favorite Seed & Source: Arugula – Slow Bolt - from True Leaf Market

# ASPARAGUS CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	14-25 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	14-20 g per 1020 tray
<b>AVERAGE YIELD</b>	5-8 oz. per 1020 tray		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes. Try to get very even distribution. Do not stack. After 2-4 days, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Soak 8-12 hours. Drop in unslotted 1020 tray and bottom water daily or as needed. Be careful not to overwater.
<b>PROCESS</b>	Place under lights for ~4-6 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Can become leggy and fall over if not placed under lights soon enough. Spread seeds evenly to reduce potential mold issues from clumping seed.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Amazing flavor – popular sellers to restaurants, commonly paired with seafood.
- Asparagus contain vitamin A, protein, iron, and calcium.
- They can also be added to omelets, stir-fries, noodles, soups, and salads.
- Favorite Seed: Micro Sea Beans from Fresh Origins Farm



# BARLEY CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40 g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Spread seed over pre-moistened tray and mist with water bottle. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 2-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Best if used within 3-5 days.

## ADDITIONAL NOTES

- High in protein, dietary fiber, Vitamin E, beta-carotene, and minerals
- Package for pet lovers
- Improve digestion, control blood sugar level (diabetes), prevent heart-related disease and cancer
- Favorite Seed & Source: Barley (organic) - from True Leaf Market

# BASIL CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	2-3+ weeks to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	8-25g per 1020 tray (depends on desired finished leaf size)
<b>AVERAGE YIELD</b>	3-4oz @ 8g seed (larger leaves) ~6-8 oz @ 25g seed (smaller leaves)		
<b>PROCESS</b>	Fill 1020 trays with good amount of soil and water soil. Sprinkle seed on top of soil making multiple light passes for even distribution. Spritz seeds inside of a clear humidity dome with water bottle and cover tray with the humidity dome. Place on heat mats and under lights (or just in warm, lit area) for germination. Uncover after crop looks germinated (2-6 days).		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water on the day you uncover – try to let the soil dry out between watering.
<b>PROCESS</b>	Place close under lights or in greenhouse for 2+ weeks until desired size. Keep good airflow. Benefits from adding nutrients to water after first week.
<b>POTENTIAL ISSUES</b>	Damping off if overwatered. Poor germination if not warm or moist enough. Not intense enough light.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 2-4 days. Short shelf life.

## ADDITIONAL NOTES

- Heat mats and clear humidity domes are crucial. Basil seeds have mucilage Warm water causes the seeds to fully swell up releasing antioxidants and beneficial digestive enzymes.”
- Popular for chefs and at farmer’s markets • Sell for higher price - \$3-5 per ounce range
- Consider selling “live” for longer shelf life for customers, Large harvest window (timeframe) can be very beneficial
- More economical grown in greenhouse due to long DTM
- Favorite Seed Varieties: Genovese and Dark Opal Favorite Source: True Leaf Market

# BEET CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	10-18 days to harvest	<b>SANITIZE</b>	Top spray only
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	60-80g dry or 1.5 oz. after soaking
<b>AVERAGE YIELD</b>	3.5-5 oz		
<b>PROCESS</b>	Soak in warm water for 6-8 hours. Sprinkle on top of soil (peat mix) in slotted 1020 tray, mist with 3% H2O2 and add additional soil or vermiculite on top (approx. 1/2 inch) – press down firmly. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days. After 2-4 days, unstack, water (see below) and place under lights. Top spray one more time with 3% H2O2 if you've had problems in past with disease		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~6-12 days. Keep good airflow and watch for disease issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Over watering can cause damping off. Skipping steps in the starting process above (or bad seed lot) can cause bad germination.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to fan dry before packaging. If washing is needed, minimize time spent in water and dry thoroughly. Handle with care.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel (or moisture absorbing pad) for extended shelf life. Best used within 3-5 days.

## ADDITIONAL NOTES

- Ideal grow room temp around 70 degrees F
- Can be a very challenging variety to produce consistent yields and time properly and therefore we recommend when selling wholesale use it to supplement mixes rather than selling by itself which would result in greater chance of not being able to fulfill orders and thereby disappoint customers
- Not recommended when just starting out (start with easier varieties)
- Covering with soil/vermiculite & stacking really helps with seed hull removal as well as germination
- Favorite source/variety: Bulls Blood from True Leaf Market

# BOK CHOY CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel (or moisture absorbing pad) for extended shelf life. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Prefers a lower light condition
- Favorite Seed: varies (based on what's on sale or on hand) Favorite Source: Johnny's Seed

# BORAGE CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	14 - 16 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	60g per 1020 tray
<b>AVERAGE YIELD</b>	9 - 11 oz. per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3 - 5 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water as necessary. Relatively fast drinkers. Be sure not to let the tray dry out.
<b>PROCESS</b>	Place under lights for ~10 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. While not recommended, if necessary, this crop can be rinsed without issue, just make sure they are dried well.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- High yielding, consistent, good sellers to restaurants!
- Prefers moderate temperature
- Great to promote as having a mild cucumber flavor. Makes a nice garnish for desserts such as Sorbet.
- Favorite Seed & Source: Borage from Johnny's Selected Seeds

# BROCCOLI CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	8-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	15g per 1020 tray
<b>AVERAGE YIELD</b>	9 - 11 oz. per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2-3 trays high (w/added weight on top of stack) for 2-4 days. After 2-4 days, water and place under lights.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water daily or as needed. Be careful not to overwater.
<b>PROCESS</b>	Place under lights for 4-6 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Turnips prefer lower light levels than most microgreens, making them ideal for those without a sunny window or artificial lights. You can try to keep them at a longer distance from the lights.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Prefer cooler temps if possible with your setup.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Favorite Seed: Varies from True Leaf Market

# BRUSSEL SPROUTS CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle
<b>PROCESS</b>	Place under lights for 3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Brussels sprouts are thought to be native to Belgium, specifically a region near its capital, Brussels, after which they are named.
- Favorite Seed: Long Island Improved Favorite Source: True Leaf

# BUCKWHEAT CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	11-13 days to harvest	<b>SANITIZE</b>	Yes
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	250g per 1020 tray
<b>AVERAGE YIELD</b>	13 - 15 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ added weight on top of stack ) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Top water daily or as necessary for ~12 Days. Keep moist, throughout. Top watering will also help brush off the hard seed hulls.
<b>PROCESS</b>	Place under lights for ~12 days. Mold isn't really an issue, but it is good practice to keep good airflow. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	The hard, triangular seed hulls sometime do not like to come off on their own.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Buckwheat can be rinsed if necessary, make sure to dry well.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Average yielding, consistent, good sellers at Farmers Markets!
- Easy to promote as a great replacement for lettuce.
- Favorite Seed & Source: "Buckwheat – Whole (Organic) – Sprouting Seeds" from True Leaf Market



# CABBAGE CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for 3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Favorite Seed: varies Favorite Source: True leaf

# CARROT CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	15-20 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	15g per 1020 tray
<b>AVERAGE YIELD</b>	2 oz. per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 4-5 days. After 4-5 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every other day if needed, beginning day unstacked. Keep moist, throughout. If watering isn't necessary, gently mist tray so ungerminated seeds don't dry out.
<b>PROCESS</b>	Place under lights for 15 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic bag with paper towel is around 5 - 7 days. Longer shelf life if paper towel is replaced periodically.

## ADDITIONAL NOTES

- Prefers moderate temps
- Great to promote as having a fresh, carrot flavor. Great addition to salad and smoothies.
- Favorite Seed & Source: Emperor 58 from True Leaf Market

# CAULIFLOWER CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for 3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Favorite Seed: varies Favorite Source: Typically True leaf

# CELERY CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	10-14 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	15g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 6-8 days. After 6-8 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every 2 – 3 days depending on environmental conditions. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for ~6-8 days. Keep good airflow.
<b>POTENTIAL ISSUES</b>	Slow growing, however poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended. Harvest as early as possible to ensure crop doesn't become bitter.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic bag with paper towel is around 5 - 7 days.

## ADDITIONAL NOTES

- Slow to germinate
- Chefs love for garnishing a savory dish
- Celery contains notable amounts of potassium, dietary fiber, vitamins A, B, C, and E, iron, magnesium, phosphorus, and calcium.
- Favorite Seed & Source: Utah 52-70 from True Leaf Market

# CELOSIA CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	8-12 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 4-5 days After 4-5 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle
<b>PROCESS</b>	Place under lights for ~4-8 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Celosia flowers are named after the Greek work for flames.
- Favorite Seed: Celosia Favorite Source: Johnny's Seed

# CHERVIL CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	9-12 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20g per 1020 tray
<b>AVERAGE YIELD</b>	3-5 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water as necessary for 8 Days. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for ~8 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Place under lights for ~8 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Good sellers to restaurants, especially French cuisine & fine dining.
- Prefers warm temperatures
- Great to promote as having a fresh, light flavor with a hint of Anise
- Favorite Seed & Source: Curled Chervil from True Leaf Market

# CHIA CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	5-14 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Good sellers to restaurants, especially French cuisine & fine dining.
- Prefers warm temperatures
- Great to promote as having a fresh, light flavor with a hint of Anise
- Favorite Seed & Source: Curled Chervil from True Leaf Market

# CHINESE MAHOGANY CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	15-30 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	25g per 1020 tray
<b>AVERAGE YIELD</b>	17 – 19 oz. per 1020 tray		
<b>PROCESS</b>	Soak in water 4 hours and rinse. Sprinkle on top of soil making multiple light passes. Spread seed over pre-moistened tray. Stack 3 - 4 trays high (w/ empty tray on top and 16 lb. brick paver) for 4-6 days. After 4-6 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water daily or as needed. Keep moist throughout.
<b>PROCESS</b>	Place under lights for 10-20 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Due to longer time needed for growth, consider adding in some soil nutrients. It doubled our yield.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into final container. Washing is not necessary.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels or pads to absorb moisture.

## ADDITIONAL NOTES

- Flavor that resembles sesame seed, garlic, and chives
- Great sellers to restaurants, it sets them apart with a flavor not often consumed.
- The flavor is like roasted garlic with a hint of nuttiness. Perfect choice to accompany your favorite cut of red meat, a steak salad or a rare roast beef sandwich!
- Favorite Seed & Source: True Leaf Market not always available.



# CHIVES CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	21-24 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	40-60g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~17-20 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash)

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Grow better in soil, slow germination
- Chives can be used in omelets, pasta dishes, sushi rolls, beef stews, soups, salads, and many other meat and vegetable dishes.
- Chives contain potassium, iron, calcium, vitamins A, B, C, and E, magnesium, zinc, and phosphorus.
- Favorite Seed: varies Favorite Source: True leaf

# CILANTRO CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	20 - 30 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	40-55g per 1020 tray
<b>AVERAGE YIELD</b>	4-6 oz. per 1020 tray		
<b>PROCESS</b>	Take a rolling pin to open seeds before soaking them. Soak for 6 – 15 hours. Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3 - 5 days, unstack, water and place under lights. Be sure to spritz with water daily to help the media fall to the bottom, otherwise, harvest takes additional time.		

## GROWING

<b>WATERING</b>	Bottom water as necessary for 20 Days. Imperative to not overwater.
<b>PROCESS</b>	Place under lights for ~20 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight. To help the Coriander hulls fall off, periodically spritz the canopy with water to keep the hulls moist and malleable during leaf growth (some like to keep on for additional flavor!)
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended
<b>PACKAGING</b>	Package as dry as possible in bags. If storing inventory in large container, include paper towels or absorbent pads to absorb moisture. Shelf life in a plastic bag with absorbent pad is around 5 - 8 days

## ADDITIONAL NOTES

- Low yielding, consistent.
- Prefers cooler temps to germinate. Temperature can increase post germination
- Great to promote as having exceptional, intense Cilantro Flavor. Excellent in Mexican Shrimp Cocktails.
- Sell for higher price due to low yields and long DTM
- Favorite Seed & Source: Cilantro (Slow Bolt) from True Leaf Market

# CLOVER CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	10-13 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20g per 1020 tray
<b>AVERAGE YIELD</b>	3-5 oz. per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every 2 – 3 days depending on environmental conditions. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for ~9 days. Keep good airflow. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Easy growing, however poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended. Harvest as early as possible to ensure crop doesn't become bitter.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic bag with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Decent yields
- Easy to grow and fun for people to try
- Great to promote as having a fresh, light flavor. Makes for a different addition to salads
- Favorite Seed & Source: Clover – Red (Organic) from True Leaf Market

# COLLARDS CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Collards are one of the oldest members of the cabbage family.
- Favorite Seed: Collards (organic) Favorite Source: True Leaf

# CORN CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	8-13 days to harvest	<b>SANITIZE</b>	Yes
<b>SOAK</b>	Yes, 8-12 hours	<b>SEED DENSITY</b>	220-300g per 1020 tray
<b>AVERAGE YIELD</b>	15-20oz per 1020 tray		
<b>PROCESS</b>	Sanitize with preferred method, then soak 12-18 hours or overnight. Let seed start to sprout in soaking bucket for 24 hours, rinsing every 8 - 12 hours. Spread seed on top of soil with even distribution. Water generously and then cover with unslotted 1020 tray or move to complete darkness. Keep in darkness throughout so crop does not turn green. If placed in dark room, stacking 3-4 trays high with weight is recommended.		

## GROWING

<b>WATERING</b>	Top water daily. Can tolerate some neglect.
<b>PROCESS</b>	Place in blacked out room or covered with unslotted 1020 tray so they are not exposed to light.
<b>POTENTIAL ISSUES</b>	When covered with unslotted tray, disease/mold has higher probability of occurrence since they do not get airflow, this is why sanitizing seed and all trays is recommended for popcorn shoots. Top spraying with diluted H2O2 can be used as well. Or, grow them in a separate pitch black space with fans and airflow for less likelihood of issues. Flavor and texture is poorly effected if subjected to light.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Dry foliage with fan if wet. Washing not necessary. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel or pads for extended shelf life. If storing inventory in large container, include paper towels or pads to absorb moisture. Good shelf life when stored properly.

## ADDITIONAL NOTES

- Very, very sweet tasting crop – stevia flavor - yellow in color
- Some people like to cover with vermiculite after seeding
- Popular for chefs - Used for decorative and desert garnish
- Provoke curiosity & conversation at farmers market
- Fast growing, heat tolerant variety with good yields
- no electricity costs to grow!
- Organic seed can be sourced at local health food store or from commercial seed company

# CRESS CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-28g per 1020 tray
<b>AVERAGE YIELD</b>	5-8 oz per 1020 tray		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes. Try to get very even distribution. Do not stack. After 2-4 days, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water daily or as needed. Be careful not to overwater.
<b>PROCESS</b>	Place under lights for ~4-6 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary
<b>POTENTIAL ISSUES</b>	Can become leggy and fall over if not placed under lights soon enough. Top watering can also cause plants to fall over and have trouble recovering. Spread seeds evenly to reduce potential mold issues from clumping seed.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Amazing peppery flavor – popular sellers to restaurants
- Pretty easy to grow with unique leaf shape.
- Favorite Seed: Curled Cress from True Leaf Market

# CUCUMBER CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	12 - 15 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	60g per 1020 tray
<b>AVERAGE YIELD</b>	22 - 25 oz. per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water as necessary for 8-10 Days. Keep moist, throughout. Depending on grow medium, watering every other day is enough.
<b>PROCESS</b>	Place under lights for ~10 days. Do not place under direct sunlight. Fast growing crop and does not seem prone to mold issues.
<b>POTENTIAL ISSUES</b>	Over watering and poor airflow has the possibility of causing 'damping off'. Cucumber absorbs water quickly, try not to overwater.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Cucumber can be washed, but typically not necessary.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. Due to the Cucumber holding water, it may be necessary to pat dry prior to packaging. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- High yielding
- Good sellers to creative restaurants and bars as Bloody Mary & other cocktail garnish
- Fast grower in warmer temps (around 75-80 degrees)
- Incredibly bitter with a strong Cucumber flavor
- Favorite Seed & Source: Cucumber Seeds – Straight Eight from True Leaf Market

# DILL CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	15-20 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	10g per 1020 tray
<b>AVERAGE YIELD</b>	3-5 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water as necessary, typically every other day. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for 15 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'. This is an extremely delicate crop. Too much heat from the lights will cause browning of the feathery leaves.

## HARVESTING

<b>HARVESTING TOOL</b>	Sharp scissors or knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Good yields for amount of seed used. Consistent, good sellers to restaurants!
- Prefers warm temps.
- Popular for decorating/garnishing fish, potatoes, soup, cucumber and pickle dishes
- Favorite Seed & Source: Bouquet Dill from True Leaf Market



# ENDIVE CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	10-12 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	12g per 1020 tray
<b>AVERAGE YIELD</b>	3-5 oz. per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every other day. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for ~8 days. Airflow is absolutely necessary. This is a short crop and canopy can prevent air flow. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as this is a short crop and is easy to pull up soil in the roots.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic bag with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Good sellers to restaurants for signature dishes that counter-balance sweet!
- Enjoys moderate temps
- Great to promote as having a fresh, light flavor
- Favorite Seed & Source: Endive – Broadleaf Batavian from True Leaf Market

# FAVA BEAN CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	450 g per 1020 tray
<b>AVERAGE YIELD</b>	19-21oz. per 1020 tray		
<b>PROCESS</b>	Soak seed 8-12 hours, spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every other day. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for ~8 days. Airflow is absolutely necessary. This is a short crop and canopy can prevent air flow. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as this is a short crop and is easy to pull up soil in the roots.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic bag with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Average yielding, consistent, good sellers at Farmers Markets!
- Easy to promote for their protein. Taste similar to Pea Shoots
- Favorite Seed & Source: "Fava Bean (Organic) – Sprouting Seeds" from True Leaf Market

# FENNEL CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	18 - 22 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	10g per 1020 tray
<b>AVERAGE YIELD</b>	5-7 oz. per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Add ¼" layer of media on top of seed bed, then moisten again. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 5 - 6 days. After 5 - 6 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every 2 days. Keep moist, throughout. Gently mist top of tray till most of the stems have broken through media.
<b>PROCESS</b>	Place under lights for ~15 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'. Too dry and Fennel can't recover.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- High yielding, great sellers to high end restaurants!
- Prefers moderate temps
- Great to promote as having a fresh, beautiful flavor with a hint of Anise
- Favorite Seed & Source: Fennel - Florence from True Leaf Market

# FENUGREEK CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	12-15 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	50-70g per 1020 tray
<b>AVERAGE YIELD</b>	4 - 6 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every other day. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for 8 days. Airflow is absolutely necessary. This is a short crop and canopy can prevent air flow. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'. Very susceptible to damping off, however, a light spray to ensure good germination results helps.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Washing is not necessary if there is no soil on the stems during harvest. This crop is not overly delicate, so washing could be done.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic bag with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Low yielding, consistent, good sellers to juice bars or high-end Indian restaurants!
- Prefers warm temps
- Great to promote for its amazing nutritional value, not so much its flavor. Flavor is very bitter when eaten alone, with a mild nutty after taste
- Favorite Seed & Source: Fenugreek (Organic) from True Leaf Market

# FLAX CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	9-12 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	35g per 1020 tray
<b>AVERAGE YIELD</b>	5 - 7 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high ( w/ empty tray on top. Do not add extra weight ) for 3-5 days. Rotate trays daily to keep even growth. After 3-5 days, carefully unstack, water and place under lights when space available. Lightly mist sprouted greens with water.		

## GROWING

<b>WATERING</b>	Bottom water as necessary for 8 Days. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for ~8 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering causes excessive humidity and transpiration.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- When unstacking trays, rock tray gently. Seeds are Mucilaginous, and when dry, will stick to the tray above like glue.
- High yielding, consistent, good sellers at Farmers Markets!
- Easy to promote as having amazing health properties because Flax seed is not uncommon as a health food among the general population.
- Favorite Seed & Source: "Flax Micro-Greens" from Sprout People

# KALE CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Prefer cooler temps if possible with your setup.
- Favorite Seed: varies Vates Blue Scotch Favorite Source: Typically True Leaf

# KOHLRABI CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for 3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Favorite Seed: varies (based on what's on sale or on hand) Favorite Source: Johnny's Seed

# LEEK CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	21-24 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	40-60g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for 17-20 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Grow better in soil, slow germination
- Leeks can be used in omelets, pasta dishes, sushi rolls, beef stews, soups, salads, and many other meat and vegetable dishes.
- The seed hulls can be a little too stubborn to remove.
- Favorite Seed: varies Favorite Source: True leaf



# LETTUCE CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	8 - 12 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 Tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water throughout cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Good yields, consistent, good sellers to restaurants!
- Prefers cool temps.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Favorite Seed: Crisphead Great Lakes 118 Favorite Source: True Leaf Market

# MUNG BEAN CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7 - 10 days to harvest	<b>SANITIZE</b>	Yes
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	450g per 1020 tray
<b>AVERAGE YIELD</b>	19 - 21 oz per 1020 tray		
<b>PROCESS</b>	Soak seed 8-12 hours. Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ added weight on top of stack ) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water every other day or as necessary for 7 Days. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for ~7 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Mung Beans do offer a 2nd cutting if so inclined. Not as dense as initial harvest.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic bag with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Average yielding, consistent, good sellers at Farmers Markets!
- Easy to promote for their protein. Taste similar to Pea Shoots
- Favorite Seed & Source: "Mung Bean (Organic) – Sprouting Seeds" from True Leaf Market

# MUSTARD CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7 - 10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Favorite Seed: Wasabi Favorite Source: True Leaf

# RADISH CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	6-9 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	50-80g per 1020 tray
<b>AVERAGE YIELD</b>	12-18 oz per 1020 tray		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2-3 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout rest of cycle.
<b>PROCESS</b>	Place under lights for ~3-4 days. Keep good airflow and watch for mold issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-6 days.

## ADDITIONAL NOTES

- A top 2 favorite! Great yields, consistent, great sellers to restaurant.
- Bottom watering has become preferred method. Reduces mold & mildew smell.
- Insanely nutritious! Up to 40 times more nutrient dense than mature radish.
- Prefer cooler temps if possible with your setup
- Not worth growing to true leaf stage
- Favorite Seed: Triton purple & China Rose Favorite Source: True Leaf Market

# SALAD MIX CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for 3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Mix can be made from your own assorted seeds.
- Favorite Seed: Salad mix (mix of 5 seeds) Favorite Source: True Leaf

# SHUNGIKU MIX CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	10-20 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	25-35g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for 3-5 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash).

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Can be worth growing to true leaf stage - very pretty to see true leaves (seed at lower density if aiming to grow to true leaf stage)
- Favorite Seed: Shungiku Tri color Daisy Favorite Source: True Leaf

# SORREL MIX CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	15-20 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20g per 1020 tray
<b>AVERAGE YIELD</b>	3-5 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 4-5 days. After 4-5 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water as necessary. Keep moist, throughout.
<b>PROCESS</b>	Place under lights for 13 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in a plastic back with paper towel is around 5 - 7 days.

## ADDITIONAL NOTES

- High yielding when compared to seed density, consistent, good sellers to restaurants!
- Prefers warm temps
- Great to promote as having a fresh, lemon flavor. Great paired with seafood
- Favorite Seed & Source: Large Leaf Sorrel from True Leaf Market

# SUNFLOWER CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	8-12 days to harvest	<b>SANITIZE</b>	Yes
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	140-170g per 1020 tray
<b>AVERAGE YIELD</b>	1-2 lbs per 1020 tray		
<b>PROCESS</b>	Sanitize by preferred method and rinse. Soak in water 12 hours and rinse. Spread seed over pre-moistened tray. Stack 2-4 trays high (w/ empty tray & weight on top) for 3-5 days (can rotate bottom tray to top after 1 day). After 3-5 days, unstack, water and place under lights when space available. Benefit from heating mat if temps below 75F (or watering with warm water)		

## GROWING

<b>WATERING</b>	Top water or bottom water. Withstand watering neglect well – recover readily.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep great airflow and watch for mold issues. Rotate if necessary. Spray with very diluted Hydrogen Peroxide if mold becoming issue (1/2 tsp per quart water). Also do great growing outdoors in summer (after well sprouted).
<b>POTENTIAL ISSUES</b>	Poor airflow and overly humid can cause mold. Some seed lots may not shed hulls as well – when find good seed, stock up!

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors, sharp knife, or mini handheld electric hedge trimmer
<b>METHOD</b>	Run hand vigorously over top of greens to reduce hulls. Cut, wash (remove hulls in wash basin by using wire rack to press down greens and collecting hulls off water surface), spin dry, and finish dry.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life approx. 7-14 days.

## ADDITIONAL NOTES

- Quite popular! High yielding, good sellers to restaurant.
- Can add to a salad mix (leaf lettuce) for special product.
- Very heat tolerant
- Quite profitable at farmers market and hold up to hot days even in packaging
- Favorite Seed: Black Oil Favorite Source: varies, typically True Leaf



# SWISS CHARD CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	11-20 days to harvest	<b>SANITIZE</b>	Top spray only
<b>SOAK</b>	Optional	<b>SEED DENSITY</b>	60-70g dry per 1020 tray
<b>AVERAGE YIELD</b>	5-6oz per 1020 tray		
<b>PROCESS</b>	Soak in warm water for 6-8 hours. Sprinkle on top of soil (peat mix) in slotted 1020 tray, mist with 3% H2O2 and add additional soil or vermiculite on top (approx. 1/2 inch) – press down firmly. Stack 2-3 trays high (w/ empty tray & weight on top). After 2-4 days, unstack, water (see below) and place under lights. Top spray one more time with 3% H2O2 if you've had problems in past with disease.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~8-12 days. Keep good airflow and watch for disease issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Over watering can cause damping off. Skipping steps in the starting process above (or bad seed lot) can cause bad germination.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to fan dry before packaging. If washing is needed, minimize time spent in water and dry thoroughly. Handle with care.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel (or moisture absorbing pad) for extended shelf life. Best used within 3-5 days.

## ADDITIONAL NOTES

- Ideal grow room temp around 70 degrees F
- Can be a very challenging variety to produce consistent yields and time properly and therefore we recommend when selling wholesale use it to supplement mixes rather than selling by itself which would result in greater chance of not being able to fulfill orders and thereby disappoint customers
- Challenging – not best for beginners
- Covering with soil/vermiculite & stacking really helps with seed hull removal as well as germination
- Favorite variety/source: Rainbow from True Leaf Market

# WHEATGRASS CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	9-12 days to harvest	<b>SANITIZE</b>	Yes
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	300-350g per 1020 Tray
<b>AVERAGE YIELD</b>	17 – 19 oz. per 1020 Tray		
<b>PROCESS</b>	Soak in warm water 8-12 hours and rinse. Let seed start to sprout in soaking bucket for 24 hours, rinsing every 8-12 hours. Spread seed over pre-moistened tray. Stack 3 - 4 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Top Water 2x Daily. Keep moist throughout.
<b>PROCESS</b>	Place under lights for ~8 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause white cotton mold. Keep well watered, as Wheatgrass doesn't recover well from watering neglect. With the fast growth, there is a potential for tip burn. Don't let the blades get too close to the lights

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into final container. Washing is not necessary.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels or pads to absorb moisture. Wheatgrass should be used as soon as possible post harvest.

## ADDITIONAL NOTES

- High yielding, consistent
- Prefers warm temps at the root zone.
- Great sellers to juice bars - use as close to harvest as possible for maximum nutritional value!
- Great to promote as an addition to pre and post workout smoothies.
- Favorite Seed & Source: Organic - Hard Red Spring from True Leaf Market

# TURNIP CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	8-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	15g per 1020 tray
<b>AVERAGE YIELD</b>	5-8 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2-3 trays high (w/added weight on top of stack) for 2-4 days. After 2-4 days, water and place under lights.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water daily or as needed. Be careful not to overwater.
<b>PROCESS</b>	Place under lights for ~4-6 days. Keep good airflow, low humidity, and watch for mold or damping off issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Turnips prefer lower light levels than most microgreens, making them ideal for those without a sunny window or artificial lights. You can try to keep them at a longer distance from the lights.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Flavor profiles for Purple Top Turnip microgreens are varied. Some people think the flavor is similar to kale or spinach. Others say they taste more like a non-spicy radish.
- These microgreens have green tops with mostly white stems. However, with more light, the stems turn a variegated pink and purple.
- Favorite Seed: Purple Top White Globe from True Leaf Market

# SPICY SALAD CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Spread seed over pre-moistened tray and mist with water bottle. Stack 2 - 3 trays high (w/ empty tray on top and 16 lb. brick paver) for 2-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Best if used within 3-5 days.

## ADDITIONAL NOTES

- Popular among salad lovers because it gives a nice mix
- Package in smaller quantities with higher price per ounce
- Can create your own mix with assorted seeds.
- Favorite Seed & Source: Spicy Salad Mix - from True Leaf Market

# SPINACH CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	7-10 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	20-40g per 1020 tray
<b>AVERAGE YIELD</b>	5-10 oz per 1020 tray (depends on varieties used and seeding density)		
<b>PROCESS</b>	Sprinkle on top of soil making multiple light passes to get even distribution. Stack 2 trays high (w/ empty tray & weight on top) for 2-4 days – can rotate bottom tray to top after 1-2 days. After 2-4 days, unstack, water and place under lights. Can use higher end of seed density if you have low humidity and great airflow.		

## GROWING

<b>WATERING</b>	Drop in unslotted 1020 tray and bottom water heavily on the day you uncover – water as needed throughout remaining cycle.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow, low humidity. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow could cause mold issues or mildew scent, especially if top watered or overly hot & humid. If top watered (or humid conditions), dry foliage before harvesting by placing in front of fan (if you intend not to wash)

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	If moist foliage, best to wash or fan dry before packaging. If dry when harvesting, can skip. If washing is needed, minimize time spent in water and dry thoroughly.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells, may include paper towel for extended shelf life. If storing inventory in large container, include paper towels to absorb moisture. Best used within 3-5 days.

## ADDITIONAL NOTES

- Package in smaller clamshells and sell for higher price
- Prefer cooler temps if possible with your setup.
- Pair with fresh citrus and berries, nuts, strong cheeses.
- Favorite Seed: Komatsuna Favorite Source: Johnny's seed

# NASTURTIUM CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	14-15 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	80g per 1020 tray
<b>AVERAGE YIELD</b>	7 – 9 oz. per 1020 Tray		
<b>PROCESS</b>	Soak in warm water 2 hours and rinse. Spread seed over pre-moistened tray. Stack 3 - 4 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Bottom water daily or as needed. Keep moist throughout.
<b>PROCESS</b>	Place under lights for ~10 days. Keep good airflow and watch for mold issues. Rotate if necessary.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Although Nasturtium recovers well from watering neglect - keep soil moist for consistent growth. Begin harvesting when there are 3 - 5 leaves per shoot.

## HARVESTING

<b>HARVESTING TOOL</b>	Sharp scissors
<b>METHOD</b>	Cut and place directly into large zip-lock type bag or clamshell. Washing is not necessary.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture.

## ADDITIONAL NOTES

- Good yields, consistent, good sellers to restaurants!
- Prefers warm temps.
- Great to promote as a sweet and spicy green, similar to Wasabi.
- Suitable for 2nd growth cutting
- Favorite Seed: Jewel Mix Favorite Source: True Leaf Market

# ONION CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	15 - 20 days to harvest	<b>SANITIZE</b>	No
<b>SOAK</b>	No	<b>SEED DENSITY</b>	50-60g per 1020 tray
<b>AVERAGE YIELD</b>	1.5-3 oz per 1020 tray		
<b>PROCESS</b>	Spread seed over pre-moistened tray. Stack 2 - 3 trays high (w/ empty tray on top and weight) for 3-4 days. After 3-4 days, unstack, water and place under lights. You can also cover seed bed with additional media, smooth and tamp it down. Be sure to spritz with water daily to help the media fall to the bottom, otherwise, harvest takes additional time.		

## GROWING

<b>WATERING</b>	Bottom water as necessary. Keep moist, but not soaked, throughout.
<b>PROCESS</b>	Place under lights for up to 15 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do not place under direct sunlight.
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors or sharp knife
<b>METHOD</b>	Cut and place directly into package. Be careful when harvesting from soil as washing is not recommended.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Shelf life in container with paper towel is around 7 - 10 days.

## ADDITIONAL NOTES

- Low yielding, consistent, good sellers to restaurants and farmers markets!
- Prefers warm temps
- Great to promote as having a nice strong onion flavor without the tears
- Can also try leeks with these same directions
- Favorite Seed & Source: Onion (Organic) from True Leaf Market

# PEA CHEAT SHEET

## STARTING

<b>TIMEFRAME</b>	9-12 days to harvest	<b>SANITIZE</b>	Yes
<b>SOAK</b>	Yes	<b>SEED DENSITY</b>	300-330g dry / 1020 tray
<b>AVERAGE YIELD</b>	14-21 oz per 1020 tray		
<b>PROCESS</b>	Sanitize by preferred method and rinse. Soak in warm water 8-12 hours and rinse. Spread seed over pre-moistened tray. Stack 2-3 trays high (w/ empty tray & weight on top) for 3- 4 days (can rotate bottom tray to top after 1 day). After 3-4 days, unstack, water and place under lights when space available.		

## GROWING

<b>WATERING</b>	Top or bottom water – up to you. Keep moist throughout.
<b>PROCESS</b>	Place under lights for ~3-5 days. Keep good airflow and watch for mold issues. Rotate if necessary. Do great outdoors – especially spring and fall (or partially shaded in summer).
<b>POTENTIAL ISSUES</b>	Poor airflow or overly hot/humid conditions can cause mold. Keep well-watered, as peas don't recover well from watering neglect. Benefit from cool night temps.

## HARVESTING

<b>HARVESTING TOOL</b>	Scissors, sharp knife, or mini handheld electric hedge trimmer
<b>METHOD</b>	Cut and place directly into packaging or storage if greens are clean. If washing is needed, dry well after washing.
<b>PACKAGING</b>	Package as dry as possible in bags or clamshells. If storing inventory in large container, include paper towels to absorb moisture. Great shelf life, up to 2 weeks.

## ADDITIONAL NOTES

- A top 2 favorite! High yielding, consistent, good sellers to restaurants, kids love them!
- Prefer warm days and little cooler at night if possible with your setup, cooler at night may help crop leaf out.
- Amazing shelf life!
- Great to promote as healthy snack many kids really enjoy eating raw
- Favorite Seed: Speckled (non-tendrill), Green (tendrills) Favorite Source: True Leaf Market



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