Grow “Vegetable Confetti” Microgreens on your Windowsill

Microgreens are young vegetable greens that have a strong aromatic flavor and a high nutrient content. They are easy to grow indoors and add a welcomed pop of color to any dish! Almost any vegetable seed works, but some favorites include: broccoli, kale, arugula, chia, mustard, beet, basil, or a mix! If you don’t have any seeds on hand, try using common seeds from your pantry such as dried beans, peas, and lentils, or whole spices (not ground) like coriander, dill, sesame, fennel, anise, poppy, cardamom, or mustard. These seeds may not always germinate, but it’ll be a fun experiment to try!

Let’s Get Started!

Materials:

- paper towel
- vegetable seeds
- shallow container with lid (ex. a reusable tupperware; a shallow bowl and plastic wrap)
- Water spray bottle (optional)

Steps:

1. Prepare the seed tray by folding your paper towel one or two times to fit the base of your container.
2. Sprinkle seeds to completely cover the paper towel with a thin layer of seeds.
3. Water until the paper towel is very well saturated.
4. Cover with a tupperware lid or plastic wrap to create a greenhouse environment until seeds have germinated and you see small sprouts appear.
5. Place the container near a sunny window to provide heat for germination, as well as sunlight for once your seeds have sprouted.
6. Water regularly, making sure the paper towel is always damp. Rotate the container to keep seedlings from growing sideways towards the sunlight.
7. When the seedlings are about 2” tall and their second set of leaves appear, the seedling’s “true leaves,” the microgreens are ready to be harvested!
8. To harvest, gently pull seeds away from the paper towel. You can enjoy the entire seedling, roots and all, or you can snip the seedlings at their base.
9. Rinse the microgreens in a water bath to remove the seed casing and any debris.
10. Your microgreens are ready to eat! Use to garnish entrees or mix into salads. Get creative & enjoy!