

WORKBOOK

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# SPROUTS & MICROGREENS

MODULE 2



WHAT ARE SPROUTS &  
MICROGREENS?

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## SPROUTS



## MICROGREENS



### PROFILE

- 2-7 days old
  - Everything is edible (roots, stem, leaves)
- 10 days to 3 weeks old
  - Usually eat the leaves and stems (sometimes the roots)
  - 1-3" tall

### NEED

- to be soaked in water 8-12h
  - rinsing & draining 2-3x/day
- watering
  - sunlight or grow lamps
  - nutrient-rich soil or hydroponics system

### DON'T NEED

- sunlight
- additional nutrients
- soil

**Remember:** Sprouting is the practice of germinating seeds.



## Should you eat your seeds as sprouts or microgreens?

It depends! Some taste equally good as both, like radishes and broccoli. Often it's just a matter of preference – whether you prefer milder or stronger flavors. It's up to you to explore!