



Mighty Microgreens

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Have you ever wanted to eat more greens but didn't know where to start? I discovered microgreens after a long search on how to grow food in my basement in the winter. I live in Calgary and it is very cold for the majority of the year. So for us gardeners, it is a long time between growing seasons.

What are microgreens? They are the latest craze in the culinary world to add a punch of color and nutrition to food. Microgreens are exactly that, little green shoots that you can eat. Sunflower, kale, broccoli, arugula and the list goes on.

Packed with nutrition, including protein, microgreens have gained notoriety for their life filled power. Bursting with energy, microgreens are a high vibrational food that can easily be grown at home. Remember, everything in the universe is energy. When eating fresh fruits and vegetables off the plant, tree or vine, the vibrational benefit of the food is maximized. Think of it this way, the closer to the collection of the sun's energy, the higher the vibration. Food shipped long distances lose their vibrational and nutritional value. That is one more reason to eat local food, as they arrive to your kitchen bursting with nutrition.

I decided to grow high vibrational foods as a way of delivering the life energy needed to restore my health. I discovered that green plants are excellent for de-

toxifying your body. At the beginning of my journey, I bought lots of green vegetables, but began to wonder what I could grow at home. I had a large crop of kale outdoors, but when the weather turned cold I had to look for other alternatives. I started growing my own wheat grass and became interested in other greens like sunflower, arugula and broccoli microgreens, as they are all cultivated in a similar fashion.

I went to my local greenhouse and loaded up on seed trays, soil and seeds. After vigilantly studying videos posted on YouTube, I was ready to give it a try. Fascinated to learn that the seeds germinate in the dark rather than under lights or in the sun, I created a growing space in my basement. Before long, I was able to move them into a sunny window and had a bursting crop of life affirming little green shoots to eat with my family. I use them in wraps, stir fries, fresh juices and sandwiches. Sometimes I just eat them out of a bowl as a crunchy snack. They are truly delicious and an easy way to incorporate home grown food into your diet.

Here is a brief overview on how to grow sunflower shoots:

DAY ONE

1. Use black shell sunflower seeds (a type of bird seed)
2. Place one cup of seeds in a large mason jar and cover with water

**DAY TWO**

1. Drain and rinse seeds

DAY THREE

1. Rinse seeds
2. Look for small shoots coming out of the seeds

DAY FOUR

1. Rinse seeds
2. Fill seed tray with 1/4" of soil (seed tray should have holes for drainage)
3. Set seed tray in tray that will catch water (I use another seed tray without holes)
4. Wet soil
5. Add seeds (be gentle and cover soil with seeds, it should be dense)
6. Cover with another seed tray gently pressing on seeds (seeds like the pressure)
7. Keep in a dark place

DAYS FIVE - SEVEN

1. Water seeds and keep covered with seed tray
2. Once seedlings have pushed seed tray up one inch, flip tray so it is upside down but still covering seedlings

DAYS EIGHT - TWELVE

1. Water seedlings
2. Look to see if seedlings have pushed the upturned seed tray up an inch (where you can see one inch of growth between the top edge of the seed tray and the bottom edge of the top tray)
3. Remove lid and place tray in a sunny location
4. Watch photosynthesis happen

DAYS TWELVE - FOURTEEN

1. Harvest shoots once they are approximately three inches high and the second set of leaves are starting to form.

Enjoy Your Harvest! 