



Growing Moong Microgreens

by

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Growing Microgreens - Sowing

- Container - Round/square/rectangular. Reuse plastic/thermocol food containers.
- Use Coco-Peat (sold at nurseries/online. (Coco-peat should be washed in water to remove the saline content and rinsed a few times. Wet coco-peat can be used for growing microgreens. Remaining can be dried and stored for further use.)
- Add a $\frac{1}{2}$ inch layer of Coco-peat to the container and spread moong seeds (dry or soaked) on the top as shown in the picture. Cover the seed layer with a thin layer of coco-peat. It is okay if you don't cover the seeds.

Seeds spread on
Coco-peat

Cover seeds
with Coco-peat

Fully covered
seeds



Growing Microgreens - Germination

- Sprinkle water on the covered seeds and keep them in dark area. You can also cover it with a opaque material - cloth or paper. If the container has a lid, then close the lid.
- Sprinkle water on the seeds once a day during summers and in winters see if dry then water the seed container. Too much of water must be avoided.
- In a day or two - depending on summer or winter - the seeds will start germinating as shown in the picture.

Germinated seeds
(1-2 days in summer)
(3-4 days in winter)

Seeds in this picture
were not covered with
coco-peat to show
germinated seeds



Growing Microgreens-Young Microgreens

Sprinkle water on the microgreens as per requirement in summer/winter.

Avoid too much of water.

Microgreens at 2 to 3 days after germination depending on season



Microgreens at 4 to 5 days after germination depending on season



Microgreens at 5 to 6 days after germination depending on season



Growing Microgreens-Microgreens

Sprinkle water periodically, don't let the microgreens remain dry for long. Microgreens ready to be harvested



Harvesting Microgreens at two Leaves Stage

Microgreens can be harvested with a sharp knife/scissors from an inch above the roots like shown in the picture from one side of the container. Harvested microgreens can be washed and used in making breads/pranthalas or added in soups.

Harvesting
Microgreens

Harvested
Microgreens





Thank You