



Growing Moong Microgreens

by

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Growing Microgreens - Sowing

- *Container - Round/square/rectangular. Reuse plastic/thermocool 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 ½ 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/pranthas or added in soups.

Harvesting
Microgreens



Harvested
Microgreens





Thank You