

# GARDEN MUSEUM

How to grow microgreens from  
everyday kitchen seeds



No garden required!

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## You will need

### Materials & Equipment

Seeds to sprout - we like mustard seeds

Kitchen paper towel

Plastic tray - old takeaway cartons or fruit trays are great. If your tray has holes in the bottom make sure you put it on top of another tray or a plate.

Scissors

A water spray





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## How to

1. Soak your mustard seeds in water for 2 hours, then drain

2. Set up your sprouting tray.  
Double over your kitchen paper towel and trim so that it sits neatly in your tray. Wet the towel and wring it out so that it is not dripping wet. Place it snugly in the bottom of the tray.



3. Sprinkle over your mustard seeds. Keep out of direct sunlight for the first few days then you can move to a sunny windowsill. South facing windows get the most light.



4. Mist regularly with your water spray so the seeds and paper are kept damp. They need the water to grow.

The sprouts will appear from day 4-7 onwards.



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## Sprouting Diary

Here's what happened when Ceri our Food Learning Officer conducted her own sprouting experiment.

### Day 2 & 3

Nothing happened.

### Day 4

Little shoots have started to appear. I must remember to keep misting them. It looks like the yellow seeds are sprouting first.



### Day 5

More shoots have appeared, with 1 fully grown green leaf. I have just tasted it. It's delicious but very spicy. I wonder how long it will take for a full tray of greens to grow.



### Day 6

Even more shoots have appeared, but there are still many seeds that haven't even started to sprout. I wonder if this is as far as I will get. It's been exciting checking in on them.





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## Sprouting Diary

Day 7/8. I forgot to water them last night and they have dried up a bit. I water heavily and in a few hours they perk up!



Day 9. Using scissors I harvest the microgreens. They are spicy and delicious. Just enough to make a sandwich or garnish my dinner.



Can you make your own sprouting diary?

Note the changes from day to day.

How long did your sprouts take to grow?



## Egg & Mustard Microgreen Open Sandwich

You've grown your microgreens but what will you do with them? Try out our recipe for an egg and mustard microgreens open sandwich.

Ingredients, serves 2

2 sliced wholemeal or sourdough bread

2 free-range eggs

1 tablespoon mayonnaise

Black pepper

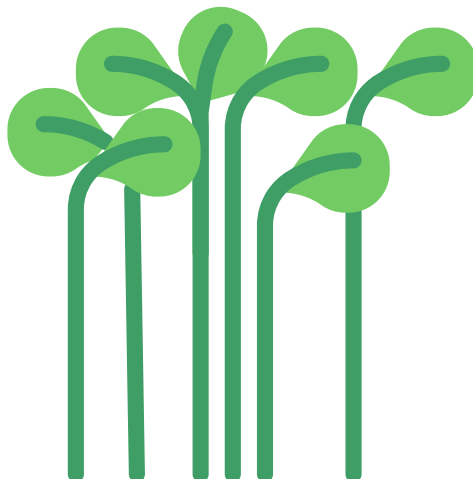
+ your microgreens

+ sliced cucumber

Instructions

1. Hard boil the eggs for 10 minutes,
2. Cool and, peel and then roughly chop your eggs. Put in a bowl and add enough mayonnaise to coat, then season with black pepper.
3. Now you're ready to make your sandwich. Spread the bread with a little butter, topping with egg mayonnaise, sliced cucumber and your microgreens too.

We like using our own homemade soda bread for our open sandwiches. You can find our favourite recipe on our food learning resources page



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## Further sprouting adventures

You can sprout other seeds. Pulses and grains work well too.

Janine our Head of Learning sprouted chickpeas, buckwheat and sunflower seeds for her experiment.

Sprouting these seeds won't give you microgreens, but you can eat the sprouted seed, which is now even more nutritious. To sprout these seeds you will need to follow a different method, which typically involves soaking, rinsing and draining repeatedly over a number of days. you can buy special sprouting containers which makes the process easier.

