



Tiny greens, mighty impact.

A BEGINNER'S GUIDE TO MICROGREENS



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● Microgreens are young, edible seedlings of vegetables and herbs, harvested just after the first true leaves emerge. They typically grow in 7–14 days and are packed with nutrients, vibrant colors, and bold flavors. ● Unlike sprouts, they grow in soil or growing pads and require light. ●

- Easy to grow in small spaces
- Ready to harvest in under 2 weeks
- More nutrient-dense than mature plants
- Perfect for beginners



Sprouts



No soil, eaten whole
(seed/root/shoot)

Microgreens



Grown in soil, harvested
above root

Baby Greens



Grown longer, larger leaves



HEALTH BENEFITS BY VARIETY

Variety	Nutrients	Health Focus	Flavor
Broccoli	Sulforaphane Vitamin C Vitamin K	Detox Immunity	Mild Earthy
Radish	Vitamin C Folate Antioxidants	Digestion Circulation	Peppery Spicy
Mustard	Glucosinolates Vitamin E	Respiratory Health Detox	Spicy Bold
Cabbage	Calcium Iron Vitamin K	Bones Gut Health	Mild Fresh
Alfalfa	Magnesium Phytoestrogen	Hormones Bones	Light Nutty
Wheatgrass	Chlorophyll Iron Magnesium	Detox Energy Livers	Sweet Grassy
Fenugreek	Fiber Protein Vitamin Bs	Digestion Blood Sugar	Bitter Earthy
Spinach	Iron Vitamin C Folate	Energy Muscles	Mild Clean
Amaranth	Protein Calcium Antioxidants	Heart Prenatal Health	Nutty Beet-like



HOW TO GROW



YOU WILL NEED:

- A shallow tray or reusable container
- Organic soil or growing mats
- Spray bottle for watering
- Microgreen seeds
- Light source (sunlight or grow light)

INSTRUCTIONS

- Prepare your tray: Fill it with 3–5 cm of moist growing medium.
- Sow your seeds: Scatter seeds evenly and gently press them in.
- Cover and rest: Cover tray with lid or damp cloth for 2 days.
- Uncover and light up: Place under light and water gently each day.
- Grow and monitor: Watch for mold, adjust air and light if needed.
- Harvest: When first true leaves appear (7–10 days), snip at the base.

COMMON MISTAKES TO AVOID

- Overwatering
 - can lead to mold
- Insufficient light
 - causes leggy stems
- Crowded sowing
 - poor airflow
- Harvesting too late
 - bitterness and toughness

HARVESTING & STORING

When to Harvest:

- 7–10 days after sowing, once the first set of true leaves appears
- Use clean scissors or a sharp knife

How to Store:

- Gently dry with a paper towel
- Store in a sealed container with dry paper lining
- Refrigerate for up to 5 days



RECIPES



DETOX GREEN SMOOTHIE

INGREDIENTS

- 1 handful broccoli microgreens
- 1 banana + ½ cup pineapple
- 1 cup water or almond milk

RADISH SMOOTHIE

INGREDIENTS

- 1 handful radish microgreens
- Green apples, ginger
- Lemon juice, water

ALFALFA SMOOTHIE

INGREDIENTS

- 1 handful alfalfa microgreens
- 2-3 cucumbers
- 1 handful fresh mint
- Coconut water

BERRY SMOOTHIE

INGREDIENTS

- 1 handful basil microgreens
- 200 gr. berry mix
- Water or milk



READY TO GROW YOUR OWN?



Now you can quickly and easily grow and enjoy these superfoods fresh at home or in the office.

Microgreens can be added fresh, uncooked, to a variety of menus: Add spicy or sweet flavors to smoothies, breakfast cereal bowls, avocado bread, soup, stir-fry dishes, omelets, salads, or pesto. Stay tuned for our recipes!



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