



# GROWING MICROGREENS



Illinois Extension  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## OBJECTIVES

- LEARN THE BASIC LIFE CYCLE OF A PLANT.
- LEARN SCIENTIFIC OBSERVATION SKILLS.

## MATERIALS

1- 5" GROW TRAY  
1- 4" GROW PAD  
ASSORTED MICROGREEN SEEDS  
1 SHEET OF CARDSTOCK  
COPY PAPER  
WATER

## FACTS

- MICROGREENS ARE EDIBLE CROPS GROWN IN SOIL AND HARVESTED WHEN THE PLANTS ARE A COUPLE OF INCHES TALL (SEEDLING STAGE).
- THE FOUR STAGES OF A PLANT'S LIFE
  - SEED
  - GERMINATION
  - SEEDLING
  - ADULT PLANT
- ADULT PLANTS REPRODUCE THROUGH POLLINATION AND THEN FORM SEEDS WHICH STARTS THE CYCLE ONCE AGAIN.

## GUIDING QUESTIONS

1. WHAT ARE THE DIFFERENT STAGES OF A PLANT?
2. HOW DO PLANTS HELP PEOPLE?

## CONCEPTS

- PLANTS GO THROUGH A LIFE CYCLE LIKE HUMANS DO.
- THERE ARE FOUR MAIN STAGES IN A PLANT'S LIFE.
- ANIMALS AND PEOPLE OFTEN EAT PLANTS AT ALL STAGES IN A PLANT'S LIKE.



## INTEREST APPROACH-ENGAGEMENT

- HOW DO YOU THINK PLANTS GET THEIR SEED TO A DIFFERENT PLACE?
- WHAT ARE SOME OF THE PLANTS THAT WE EAT?
- WHAT STAGE OF LIFE ARE THEY IN WHEN WE EAT THEM?



## ACTIVITY 1: PLANTING YOUR MICROGREENS

1. PUT YOUR GROWING MEDIA IN THE PLASTIC TRAY.
2. SPRINKLE SUNFLOWER SEEDS OVER THE SURFACE. SEEDS SHOULD BE CLOSELY PACKED TOGETHER IN A FLAT LAYER.
3. WATER THOROUGHLY UNTIL THE MAT IS SATURATED BUT NOT COVERED BY WATER.
4. IF YOU ARE DOING THIS IN THE CLASSROOM WITH MULTIPLE TRAYS, STACK THE TRAYS ON TOP OF THE SEEDS TO WEIGHT THEM DOWN TO MAKE GOOD CONTACT WITH THE GROWING MAT.
5. PLACE IN A WARM, BRIGHT SPOT.
6. KEEP GROWING MAT MOIST.
7. OBSERVE DAILY AND RECORD FINDINGS IN YOUR JOURNAL.
8. SEEDS SHOULD GERMINATE IN 7-10 DAYS DEPENDING UPON THE TEMPERATURE.

## ACTIVITY 2: MAKE YOUR GARDEN JOURNAL

- TAKE A PIECE OF CARDSTOCK AND FOLD IT "HAMBURGER STYLE" OR WIDTH-WISE.
- FOLD SEVERAL PIECES OF COPY PAPER THE SAME WAY.
- PUT THE CARDSTOCK ON THE OUTSIDE OF THE COPY PAPER TO ACT AS A COVER.
- KEEP TRACK OF YOUR PLANT'S PROGRESS BY DRAWING PICTURES OF WHAT YOU SEE AND WRITING DOWN DESCRIPTIONS AND MEASUREMENTS.

## HARVESTING YOUR MICROGREENS

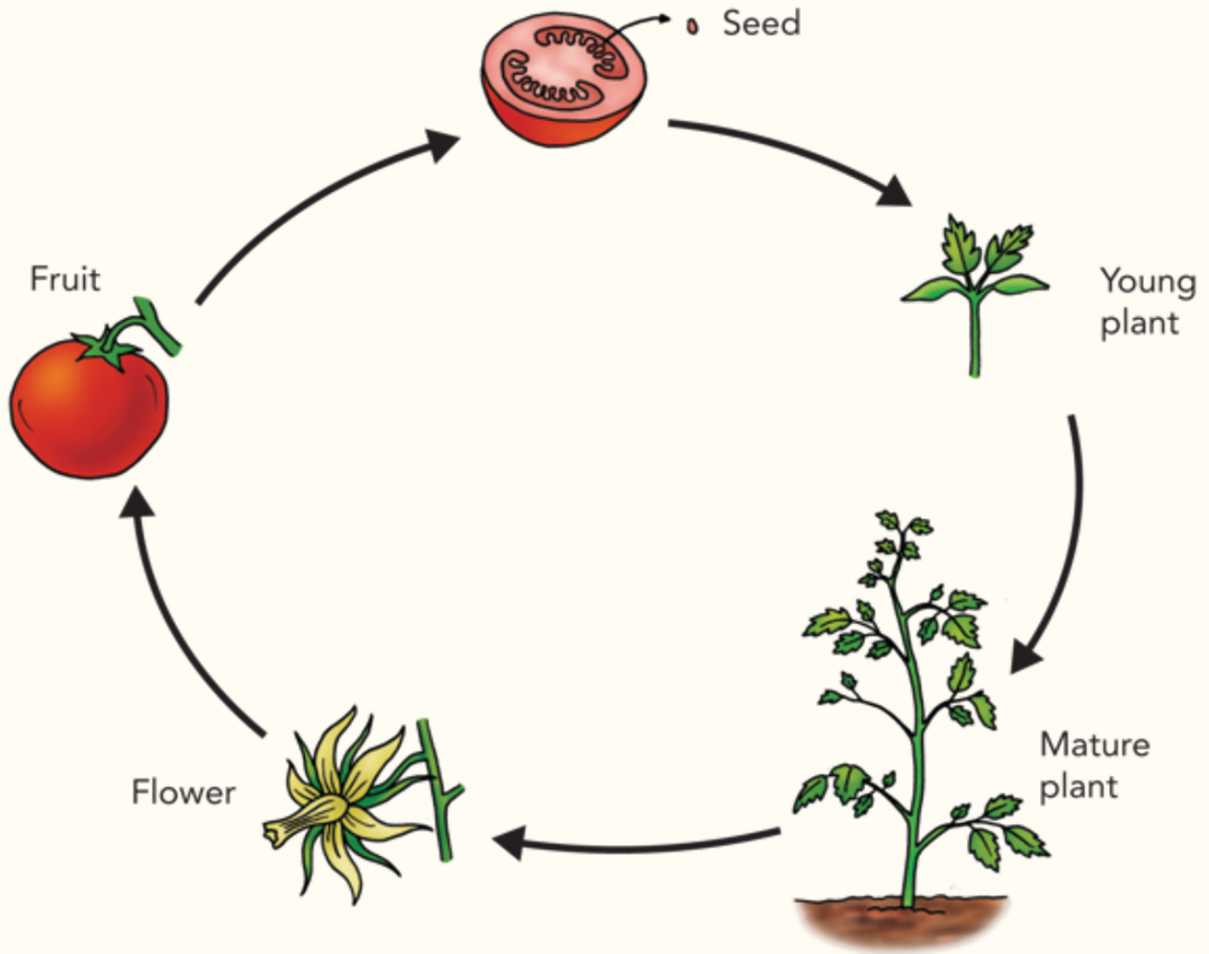
- HARVEST YOUR MICROGREENS WHEN THEY ARE 2"-3" TALL OR WHEN THEY HAVE DEVELOPED 1 OR 2 SETS OF LEAVES.
- CUT THE PLANTS WITH CLEAN SCISSORS JUST ABOVE THE SOIL LINE.
- ADD THE GREENS TO YOUR FAVORITE SALAD OR SANDWICH.

## STORING MICROGREENS

- KEEP MICROGREENS BETWEEN DAMP PAPER TOWELS AND MAKE SURE THEY ARE COLD AND COVERED IN A RESEALABLE BAG OR CONTAINER.
- WRAPPED THIS WAY, THEY WILL LAST IN THE FRIDGE FOR ABOUT A WEEK.
- KEEP GREENS COVERED RIGHT UP UNTIL THEY HIT THE PLATE. THIS WILL ENSURE THAT THEY DON'T WILT OR DRY OUT BEFORE EATING.

LESSON PLAN CREATED BY WENDY FERGUSON, PROGRAM COORDINATOR

# Life cycle of a plant



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