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Contributed by Trish Reynolds

## GROWING MICRO GREENS

We are going to do something a little bit different with this issue of Tid Bits!.....You are invited to join a recorded program on Micro Greens. During this program you will learn the nutritional value of Micro Greens, as well as how simple and easy it is to grown these tiny almost "sprouts." There are some fun facts too included in this presentation.



Just a bit about Micro Greens before we start. Microgreens are young vegetable greens that are approximately 1-3 inches tall. They have an aromatic flavor and concentrated nutrient content and come in a variety of textures and colors. Generally

they are considered "baby" plants, falling somewhere between a sprout and a baby green! It has been said that "second only to sprouts, microgreens are the quickest food crop we gardeners can grow" ....and that means all of us! All you need is a sunny window sill, a container, the proper "soil" or growing medium, seeds and water. It will be a fun thing to do during these dark days of winter when we are just itching to be outside working in our gardens.

**Terry Holman**, current Horticulture Chair for District I and the lady who brought you all those fun horticulture challenges, recorded this program for the Oxford Garden Club recently. It is a very fascinating program on **Growing Microgreens**. If you don't know what those are or have always been curious about Chia Pets, well then this program is for you. So find a comfy chair, a warm drink, and sit back and enjoy this video.



[https://us02web.zoom.us/rec/share/U1pkM6pD7sNEpBt9zw300J\\_4vNIJeBcAODI1u3vOf9e6yDmINqo8WHMZB-4fw66.Bf04iSfAhmVHtGj-](https://us02web.zoom.us/rec/share/U1pkM6pD7sNEpBt9zw300J_4vNIJeBcAODI1u3vOf9e6yDmINqo8WHMZB-4fw66.Bf04iSfAhmVHtGj-) **P** Passcode: ?U\$9C3nS

Sources:

- Johnny's Selected Seeds.....look for Microgreen Kits
- True Leaf Market Seed Co.
- Amazon

Questions: Contact Trish Reynolds, or Susie Middleton