

# Growing Herbs though this winter 2021

## Microgreens

Microgreens are harvested when the seeds have germinated and grown their first leaves. Despite being tiny, they are packed full of flavour and are great to add to salads all year round

## Microgreens

### Description

**There are many different microgreens to try, why not grow a few and carry out a taste test with your family. Try:**

- **Coriander (*Coriandrum sativum*)**
- **Fenugreek (*Trigonella foenum-graecum*)**
- **Purple Basil (*Ocimum basilicum* var. *purpurascens*)**

**You could also try red-stemmed radish, Greek cress, beetroot 'Bull's Blood' and amaranth.**

## Growing Tips

### What you do:

1. Use a small seed tray or recycle a food tub as a container for the seeds to grow in. Cut some felt or kitchen roll to the shape of the container and place it in the bottom, it will hold water well.
2. Wet the felt or kitchen roll and sprinkle the seeds on top.
3. After sowing, place the container on a warm windowsill or in a glasshouse to germinate. The ideal temperatures for germination are 18–22°C (65–72°F).
4. As the seeds begin to grow, make sure they have a regular supply of moisture by watering carefully or misting as they are delicate.
5. Carry out regular taste tests, as the flavours will develop as they grow. Cut with some scissors as you need them and add the micro greens to salads and sandwiches.