

Microgreens

When: Friday January 23, 2026 1pm-2pm

Where: West Campus Family Student Housing

Goal: To give attendees the tools to grow their own microgreens anywhere but even in small spaces and hopefully leave with the ability to make growing their own food more accessible and affordable.

Materials:

- Microgreen sprouting trays (one per registrant)
- Potting soil (partial bag would be fine, You only need a very small amount of soil per person)
- Microgreen Seeds (3-4 seed packs) *It is also possible to use lettuces and other green seeds that aren't labeled as microgreens
- 1 mason jars for watering

Timeline:

15 min interval | Set-Up (start 30min before workshop, so you are ready to go 15min before workshop)

10 min interval | Introduction

Hello everyone! Thank you so much for joining us today.

My name is _____ pronouns ____ and this workshop is a part of the Edible Campus Program or ECP's goal of making sustainable gardening something doable and fun in collaboration with Associated Students. We want to show you that you don't need to be an expert to grow your own food.

Land Acknowledgement:

Before we begin, we would like to acknowledge the Chumash Peoples, their elders past, present, and emerging. We at the Edible Campus Program Education Team recognize that UCSB and its surrounding areas were built upon the villages and unceded lands of the Chumash people. We value this land and how much our students can learn from strengthening their relationship with the land. We also share our appreciation for all we have learned from indigenous leaders.

Today, I'm going to walk you through the basics of microgreens. What they are, and how you can easily grow them yourself fast. We'll go step by step through how to plant them from seed, how to care for them as they grow, and how to harvest them. I'll also tell you some ways people use them in recipes. By the end of this workshop you'll have the skills to start growing fresh, affordable microgreens from your dorm, apartment or windowsill.

Lecture:

Question: What are microgreens?. Have you eaten them? What have they eaten them on?

1. What are microgreens?
 - a. Microgreens are the sprouted seedlings of edible vegetables such as broccoli, onions, celery, lettuces, etc.

2. Why should you grow them?
 - a. They are an easy and convenient way to grow your own food. They germinate and grow very quickly so they will be readily available to eat regularly if you time your planting/harvesting right.
 - b. They are incredibly rich in nutrients. Because of their size, the concentration of nutrients and antioxidants is much higher than in their fully grown counterparts.
 - c. What can you use microgreens for?
 - i. Salads, sandwiches, toast, etc.
 - d. Are microgreens good for you?
 - a. They are nutrient-dense and therefore have high concentrations of vitamins, minerals, and antioxidants.

Activity (Setting up Microgreens)

Before we begin planting, it is important to know how to properly handle your seeds. When opening the packets, do so carefully and over a flat surface to avoid spilling. Gently tear the packet open without using too much force, as you might damage the seeds inside. Once open, lightly shake the seeds out instead of pouring them, so they do not scatter everywhere. Each seed has value and holds the potential to grow into food, herbs, or flowers that can save you money over time. If you have leftover seeds, store them in a cool and dry place. When kept at a stable temperature, seeds can remain viable for months or even years, giving you more opportunities to plant and grow in the future. Treat your seeds with care because they may be small, but they can go a long way.

3. How to plant microgreens (with demo)
 - a. Add a thin layer of soil to the top tray and tamp it down with your hand
 - b. water the tray until it is very wet
 - c. Spread out seeds evenly and use plenty of seeds so you get a consistent bunch of microgreens growing
 - d. They should not be buried but rather be tapped down into the soil.

Post-activity talk

4. Caring for microgreens
 - a. Mist or water the tray daily and uncover after around 2 days. This helps germination.
 - b. The bottom tray is for bottom watering to prevent root rot and catch excess water
 - c. Place the tray in a sunny, south-facing window and water every 1-2 days.
5. Harvesting microgreens
 - a. Harvest around when they are 1 to 3 inches tall, half of the tray at a time and replant so there are still greens available while they are growing.
 - b. Microgreens are so cool in the fact that they can be ready for harvest between 7 to 21 days depending on factors such as humidity, light, soil quality.

Let me know if you have any questions! If I don't have answers I would love to get back to you as I am learning along with you all.

What can you eat them on?

They are a beautiful way to garnish any dish. I know many of the restaurants give their food an aesthetic touch. However, along with making your food pretty they are also very nutrient dense. I have seen them in salads, on top of avocado toast, over enchiladas, tacos, seafood like aguachiles.

Question: Did anyone want to share if they learned anything new today?

Upcoming Workshops:

- Knot Your Average Garden: A Macrame Window Garden Workshop Friday January 30, 2026
1pm-2pm AT GHGP