

## Common Microgreen Growing Difficulty: Entry Level

Plant Name	Preferred Media	Seeding Rate	Pre-Soak	Germination Time	Estimated Time To Harvest
<b>Arugula</b>	Hydroponic	28g	No	2-3 Days	8-12 Days
<b>Broccoli</b>	Hydroponic	28g	No	2-3 Days	8-12 Days
<b>Brussels Sprouts</b>	Hydroponic	28g	No	1-2 Days	8-10 Days
<b>Buckwheat</b>	Soil	36g	Yes	1-3 Days	6-12 Days
<b>Bok Choy/ Pak Choi</b>	Hydroponic	28g	No	1-2 Days	8-12 Days
<b>Cabbage (Golden Acre, Chinese, Red Acre, Red Rock Mammoth, Kogane)</b>	Hydroponic	28g	No	1-3 Days	6-12 Days
<b>Chia</b>	Hydroponic	28g	No	2-3 Days	8-12 Days
<b>Endive</b>	Hydroponic	28g	No	2-3 Days	8-15 Days
<b>Kale</b>	Hydroponic	28g	No	2-4 Days	10-12 Days
<b>Kohlrabi</b>	Hydroponic	28g	No	2-5 Days	8-12 Days
<b>Lettuce (varied)</b>	Hydroponic	28g	No	2-3 Days	10-12 Days
<b>Mustard: Red Streaks Mizuna</b>	Hydroponic	28g	No	1-3 Days	8-12 Days

<b>Mustard: Mibuna</b>	Hydroponic	28g	No	2-3 Days	8-10 Days
<b>Mustard: Mizuna, Osaka, Feathered Red, Yellow</b>	Hydroponic	28g	No	1-3 Days	8-12 Days
<b>Red Clover</b>	Hydroponic	28g	No	1-2 Days	8-10 Days
<b>Wheatgrass</b>	Soil or Hydro	28g	No	2-3 Days	8-12 Days

### **Common Microgreen Growing Difficulty: Intermediate**

<b>Plant Name</b>	<b>Preferred Media</b>	<b>Seeding Rate</b>	<b>Pre-Soak</b>	<b>Germination Time</b>	<b>Estimated Time To Harvest</b>
<b>Celery Leaf</b>	Hydroponic	21g	No	10-14 Days	6 Days
<b>Fennel (Microherb)</b>	Hydroponic	28g	No	3-4 Days	12+ Days
<b>Japanese Spinach (Tat Soi)</b>	Hydroponic	56g	No	2-3 Days	8-12 Days
<b>Leek (can be slow at germinating)</b>	Hydroponic	28g	No	3-12 Days	12 Days
<b>Sorrel</b>	Hydroponic	28g	No	1-2 Days	10-12 Days

## Common Microgreen Growing Difficulty: Advanced

Plant Name	Preferred Media	Seeding Rate	Pre-Soak	Germination Time	Estimated Time To Harvest
<b>Amaranth</b>	Hydroponic	28g	No	2-3 Days	8-12 Days
<b>Basil</b>	Hydroponic	28g	No	3-4 Days	8-12 Days
<b>Beets</b>	Hydroponic	34g	Yes	3-4 Days	8-12 Days
<b>Chard</b>	Hydroponic	56g	Yes	2-5 Days	8-12 Days
<b>Chives</b>	Soil	56g	No	7-14 Days	21+ Days
<b>Cilantro</b>	Soil or Hydroponic	56g	No	7-14 Days	21-28 Days
<b>Cress</b>	Hydroponic	28g	No	3-4 Days	8-12 Days



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