

Hortcraft Holland Microgreens Cheat Sheet 2020

During the blackout period light is not needed, however, humidity and water are. Blackout times depend on the type of microgreen. After this period, you generally need to provide your microgreens with 8 hours of LED light per day as the sole light source. Check your plants daily, especially for mold or roots hairs. Microgreens do not regrow. Thoroughly clean your trays before using them again to prevent diseases, pests, molds, etc.

Microgreen	Difficulty	Pre-soak (hrs)	Grams per 25x50cm tray (1250cm ²)	Blackout ^b or Stack ^s (days)	Germinate (days)	Harvest (days)
<i>Alfalfa</i>	Easy	No	30	2-4	1-2	8-12
<i>Amaranth</i>	Hard	No	30	1-2 ^b 3-4 ^s	1-3	8-12
<i>Anise</i>	Medium	No	25-30	2 ^b	1-2	7-8
<i>Arugula</i>	Easy	No	15-20	2-3 ^b	2-3	5-7
<i>Basil</i>	Hard	No	15-20	4-7 ^b	2-3	10-13
<i>Beet</i>	Hard	10-12	40-50	4-5 ^s	2-3	8-12
<i>Beetroot</i>	Easy	8-12	25-30	6-7 ^b	3-4	10-12
<i>Borage</i>	Medium	No	10-15	2-3 ^s 2-3 ^b	2-3	14-16
<i>Broccoli</i>	Easy	No	15-20	No 2-3 ^s	1-2	7-10
<i>Brussel Sprouts</i>	Easy	No	15-20	No	2-3	7-10
<i>Buckwheat</i>	Medium	12	100	4-5 ^s	1-2	6-12
<i>Cabbage</i>	Easy	No	15-20	2-3 ^s no ^b	1-2	7-10
<i>Carrot</i>	Hard	No	15-20	2-3 ^b 4-5 ^s	4-7	18-28
<i>Cauliflower</i>	Easy	No	15-20	No ^b 2-3 ^s	2-3	7-12
<i>Celery</i>	Medium	12-24	15-20	4-5 ^b	5-7	13-16
<i>Chard</i>	Hard	8-12	40-50	4-5 ^s	1-2	8-10
<i>Chia</i>	Medium	No	10-15	2-3 ^b	1-2	10-12
<i>Chickpea</i>	Easy	1-2	25-30	No ^b	2-3	8-12
<i>Chive</i>	Hard	No	40-50	3-4 ^s 2-3 ^b	6-9	14-24
<i>Chrysanthemum</i>	Hard	No	15	3-4 ^b	2-3	14-20
<i>Cilantro/ Coriander</i>	Medium	4	40-50	7-9 ^s	2-5	14-21
<i>Clover</i>	Easy	No	15-20	2-3 ^s	1-2	7-12
<i>Collard</i>	Easy	No	15-20	2-3 ^s	1-2	8-12
<i>Cress</i>	Hard	No	30	3-5 ^b	1-2	8-12
<i>Cucumber</i>	Easy	No	25-30	3-4 ^b	1-2	7-12
<i>Dill</i>	Medium	No	30	7-9 ^s	4-5	12-15
<i>Endive</i>	Hard	No	15-20	3-5 ^b	2-3	7-12
<i>Fava</i>	Hard	12	225-250	2-3 ^b 4-5 ^s	3-4	12-15

Microgreen	Difficulty	Pre-soak (hrs)	Grams per 25x50cm tray (1250cm ²)	Blackout ^b or Stack ^s (days)	Germinate (days)	Harvest (days)
<i>Fennel</i>	Medium	No	30	2-3 ^b 3-4 ^s	2-3	10-14
<i>Fenugreek</i>	Hard	No	15	3-4 ^s	2-3	10-14
<i>Flax</i>	Hard	No	25-30	4 ^b	2-3	8-12
<i>Hemp</i>	Easy	4-6	30	3-4 ^b	1-2	7-10
<i>Kale</i>	Easy	No	15-20	2-4 ^s No ^s	2-3	8-12
<i>Kohlrabi</i>	Easy	No	25-30	3-4 ^b	1-3	7-12
<i>Komatsuna</i>	Easy	No	25-30	4-5 ^b	2-3	10-14
<i>Leek</i>	Medium	No	40-50	3-4 ^s 2-3 ^b	3-4	10-12
<i>Lemon Balm</i>	Hard	No	30-35	5 ^b	3-4	14
<i>Lemongrass</i>	Medium	No	15	No ^b	2-3	14
<i>Lentils</i>	Medium	8-12	25-30	2 ^b	2-3	7-12
<i>Lettuce</i>	Easy	No	15-20	2-3 ^s No ^s	2-3	10-16
<i>Marjoram</i>	Easy	No	15	3-4 ^b	2-3	10-14
<i>Mint</i>	Medium	No	15	3 ^b	2-3	10-14
<i>Mizuna</i>	Hard	No	25-30	3-4 ^b	1-2	8-14
<i>Mung Bean</i>	Hard	8-12	85-140	3 ^b	1-2	7-10
<i>Mustard</i>	Easy	No	10-15	No ^b 2-3 ^s	3-4	6-10
<i>Onion</i>	Medium	6	40-50	3-4 ^s 2-3 ^b	3-5	12-16
<i>Orach</i>	Hard	8-10	40-50	3-5 ^s	3-5	12-16
<i>Oregano</i>	Hard	No	15-20	4-5 ^b	5-7	16-22
<i>Pak choi</i>	Easy	1-2	30-35	3-5 ^b	1-3	8-10
<i>Parsley</i>	Hard	No	15-20	4-5 ^b	3-5	18-25
<i>Peas</i>	Hard	12-24	200-275	1-3 ^b 2-3 ^s	3-5	8-12
<i>Popcorn</i>	Medium	24	25-30	5-8 ^b (keep in the dark)	2-3	6-8
<i>Pumpkin</i>	Hard	2-4	15	6 ^b	2-4	16
<i>Quinoa</i>	Easy	0.5-1	25-30	3 ^b	1-2	7-12
<i>Radish</i>	Easy	No	30-35	No ^b 2-3 ^s	1-2	5-10
<i>Rutabaga</i>	Easy	No	25-30	3-4 ^b	2-3	8-12
<i>Sage</i>	Medium	No	15-20	1-2 ^b 2-3 ^s	7-10	18-25
<i>Saltwort</i>	Hard	No	25-30	No ^b	7-10	14-20
<i>Sesame</i>	Easy	2-4	25-30	3-4 ^b	2-3	7-10
<i>Shungiku</i>	Hard	No	15-20	2-3 ^b 2-3 ^s	3-5	12-18
<i>Sorrel</i>	Medium	No	30	4-5 ^b	1-2/4-5	10-12/12-20
<i>Spinach</i>	Medium	No	35-40	2-3 ^b	3-5	10-14
<i>Sunflower</i>	Easy	8-12	250	2-3 ^s 2-3 ^b	1-2	8-12
<i>Tarragon</i>	Hard	No	25-30	No ^b	3-7	10-14
<i>Tatsoi</i>	Easy	No	30	3-4 ^b	1-2	8-12
<i>Thyme</i>	Medium	4	15-20	5-8 ^b	8-20	25-35
<i>Turnip</i>	Easy	No	25-30	3-4 ^b	2-3	8-12
<i>Wasabi</i>	Easy	No	30	3-4 ^b	3-5	14-21
<i>Wheatgrass</i>	Easy	6	450	2 ^b	2-3	7-12

Horticulture Holland strongly recommends that you do your own research before growing and experiment with different growing methods to see what works for you and your type of plant. Your plants may differ from ours or may need other conditions than the conditions described above. Follow the recommendations on the seeds packaging.