

Growing Microgreens

with TyfuClir GrowTray!

Here's a guide for growing delicious Microgreens with the TyfuClir GrowTray!

Have you ever wanted to grow your own tiny, super-tasty plants? They're called microgreens, and they're like superhero versions of your favourite vegetables! With your Green Up TyfuClir GrowTray, it's super easy and fun. Let's get started!

What you'll need:

- Your awesome TyfuClir GrowTray
- Microgreen seeds (like radish, broccoli, red cabbage - they grow super fast!)
- Some coco-coir or other growing medium
- A spray bottle with water
- A small weight such as a tin beans or similar









Follow these simple steps to grow your own microgreens in just a few days!

How to Use & Reuse TyfuClir GrowTray



1.Add your growing medium
Place a thin layer of coco-coir into the bottom of your TyfuClir Tray



2.Sprinkle your seeds
Carefully sprinkle your seeds all over the coir & spray lightly with water



3.Place the reservoir tray on top of the seeding tray
Add a little weight and Leave to germinate for 3 - 4 days



4.Watch your seeds grow
Through the clear tray you will be able to see the seedlings starting to pop out



5.Germination
Once germinated, place the reservoir tray under the seeding tray



6.Let there be light
Place your germinated tray near a light source, a kitchen windowsill or grow lights. Check them daily & given them a little water in the reservoir tray



7.Watch your greens grow
They should be read to eat after 10 - 14 days



8.Enjoy your Greens
Compost the growing medium and wash your tray ready for reuse

Let’s plant! (Seeding)

Get Ready! Grab your trays and make sure they are clean

Add your growing medium. Place a thin layer of coir into the bottom of the TyfuClir Tray. It should be nice and flat. This is where the tiny plants will grow! Follow these easy steps below;

Sprinkle your seeds! Now, carefully sprinkle your microgreen seeds all over the coir. Try to spread them out so they’re not all in one big pile. They need a little space to grow! You can use your hands or a seed shaker we use our old herb or spice bottles .

Give them a drink! Gently spray the seeds and the coir with water using a spray bottle. Don’t drown them, just make it nice and damp.

Lights out for a bit! Place the tray without slits over the seeds and add a small weight. This helps keep the seeds cosy and moist, like they’re tucked into bed. Put the tray in a warm, dark place for a couple of days.

Hello, little sprouts! (Germinating)

Take a peek! After a few days check your trays, just by taking a peek through the clear tray you will be able to see tiny roots starting to pop out of the seeds. This called is **germinating** - it means the seeds are waking up and ready to grow!

Let there be light! Once you see those little white roots, it’s time to move your TyfuClir Tray into a bright spot. A windowsill is perfect! Your Microgreens need sunlight to grow strong and green. Start by removing the top lid and place it underneath the seeding tray. This bottom tray is called the **reservoir tray** and this is where you will water you tiny crops.

Growing, growing, growing! (Growing)

Watch them stretch! You'll see your tiny sprouts grow taller and develop their first little leaves. These are called **cotyledons** - they're like the first baby leaves of the plant.

Keep them happy! Check your microgreens every day. Make sure the coir is still damp. If it feels dry, give them a little water in the bottom reservoir tray.

Green Power! In about 10 - 14 days (it depends on what type of microgreens you're growing), your microgreens will be a few centimetres tall and look lovely and green.

Time to eat! (Harvesting)

Ready to snip! When your microgreens are about 2-5 centimetres tall and have their first true leaves (they'll look like tiny versions of the big plant's leaves), they're ready to harvest!

Get your scissors! Carefully use a clean pair of scissors to snip the microgreens just above the coir. Try not to get too much coir on them.

Enjoy! Now you have a fresh, healthy, and super-tasty snack! You can add them to sandwiches, salads, eggs, or just eat them plain!

Top Tips from Green Up Farm!

- **Try different seeds!** Some seeds grow faster than others. Radish and Broccoli are great for beginners.
- **Don't overwater!** Too much water can make your microgreens soggy. A small amount is usually enough.
- **Eat them fresh!** Microgreens taste best right after you harvest them.
- **Have fun!** Growing your own food is a super cool thing to do!