



Grow your own 'microgreens' – sunflower seeds

Grow these super nutritious greens from seed to plate in 2 weeks.

What you will need:

- A clean jar
- Sunflower seeds
- Water
- Small tray
- Tea towel or piece of cardboard
- Windowsill
- A little compost (or soil)

Step One:

Make sure you have a clean jar – you can even use a clean jam jar.

Step Two:

Half fill your jar with your sunflowers seeds.

Step Three:

Fill your jar, with the same amount of lukewarm tap water

Step Four:

Leave your seeds to soak overnight (6-8 hours is enough)

Step Five:

Move your sprouting seeds onto a tray of compost (or soil) about 2-3cm deep and cover with a damp tea towel / damp piece of cardboard (or more compost or soil).

Step Six:

Seeds will begin to sprout within a week. Just remove the towel / cardboard if you used it, and make sure soil and seeds don't dry out.

Step Seven:

When first leaves are about 10cm tall (after about two weeks from sowing), you can cut them off at the base and use as salad, in a stir fry or even in a sandwich! Make sure you remove the seed cases first.

