

Lovelyland

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CHINA ROSE RADISH MICROGREENS

What you need:

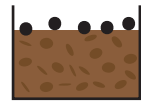
A CONTAINER - Re-use old fruit packaging to plant in, make sure it has holes in the bottom

SOME COMPOST - **SEEDS** - **WATERING CAN** - **SCISSORS**

What you do:

1. Take a container and fill it $\frac{3}{4}$ full with compost

Sprinkle your seeds over the compost



2.

3. Cover the seeds with a very thin layer of compost and water well



3.

4.

4. Leave in a sunny place and water every couple of days



5.

5. Shoots should start appearing in a few days. They will be ready to eat in a week to ten days

6.

6. **To harvest**, snip with scissors above the compost (avoid getting compost on the microgreens)

The shoots like the warm and lots of sun. A nice sunny windowsill is a great place to keep them!

Eat them soon after you've harvested to get the best flavour and amazing nutrition

Sprinkle the radish over food or add them to salads... careful they are quite spicy!

GOOD LUCK AND HAVE FUN!

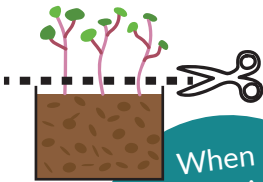
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A great way to keep growing in the colder months is by sowing microgreens on your window sill



Microgreens are an amazing form of **superfood**, they are full of important vitamins and minerals!

They are seedling vegetables and herbs, that have formed roots, stem and first leaves called **cotyledons**



When harvesting microgreens, **snip the stems**, with scissors above the compost



Many of the microgreens look quite the same, but when you **taste**, you'll find the differences

Here are some other microgreens you can grow in the same way...



Mustard



Red Veined Sorrel



Sunflower



Bamboo Radish

These China Rose Radish seeds have been very kindly donated by The Shropshire Microfarm *check them out!*



THE SHROPSHIRE MICROFARM
HOMEGROWN IN SY1