



**TODD'S  
SEEDS**

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Here's a simple guide to growing sunflower microgreens using a soilless method:

**### Materials Needed:**

1. **\*\*Sunflower seeds\*\*** (specifically for microgreens such as Black Oil or Grey Stripe from Todd's Seeds)
2. **\*\*Growing tray\*\*** with drainage holes
3. **\*\*Lid or another tray\*\*** to cover the seeds
4. **\*\*Paper towels or a growing mat\*\*** (hemp, coconut coir, etc.)
5. **\*\*Spray bottle\*\*** for watering

**### Steps to Grow Sunflower Microgreens Without Soil:**

1. **\*\*Soak the Seeds\*\***:
  - Soak the sunflower seeds in water for about 8-12 hours. This helps to soften the seed coat and promotes germination.
2. **\*\*Prepare the Growing Tray\*\***:
  - Line the growing tray with a few layers of paper towels or place a growing mat inside the tray.
  - Moisten the paper towels or mat with water until damp but not soaked.
3. **\*\*Spread the Seeds\*\***:
  - Drain the soaked seeds and spread them evenly across the damp paper towels or mat in the tray. Try to keep the seeds in a single layer to ensure even growth.
4. **\*\*Cover the Seeds\*\***:
  - Place a lid or another tray over the seeds to create a dark, humid environment, which helps with germination. This also prevents the seeds from drying out.
5. **\*\*Water Regularly\*\***:
  - Check the seeds daily and mist them with water using a spray bottle to keep them moist. Be careful not to overwater, as this can lead to mold growth.
6. **\*\*Uncover the Seeds\*\***:
  - After 2-3 days, the seeds should start to sprout. Once most of the seeds have sprouted, remove the cover to expose the seedlings to light. Place the tray in a location with indirect sunlight or under grow lights.



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7. **\*\*Grow and Harvest\*\***:

- Continue to water the microgreens as needed, keeping the paper towels or mat consistently damp. The sunflower microgreens will be ready to harvest in about 7-10 days, once they have grown to about 2-3 inches tall and developed their first true leaves.

8. **\*\*Harvesting\*\***:

- Use scissors to cut the microgreens just above the paper towels or mat. Rinse them thoroughly before use.

Sunflower microgreens are nutritious and can be used in salads, sandwiches, and as garnishes. Enjoy your fresh, homegrown microgreens!

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