

Definition:

Hemp Microgreens immature hemp seedlings that are cut-off right above the soil or substrate line and harvested prior to flowering and not more than 14 days after germination. *Hemp microgreens are typically between 2-3 inches in height, no more than 5 inches.*

1. They are rich in healthy fats
2. They contain a lot of protein
3. They contain all essential amino acids
4. You can find high levels of cannflavins in hemp microgreens
5. They have little-to-no THC

Unlike hemp sprout which are grown in water, hemp microgreens are grown in soil

Process:

1. Soak hemp seeds in cool water in a container/jar with a lid for 6-12 hours.
2. Take seeds out of container/jar and Rinse thoroughly
3. Put seeds into soil
4. Mist them with cool water every day thoroughly until the microgreens have grown to 2-3cm, then start watering from the bottom.
5. Continue watering until microgreens are ready (up to 10cm), this should take about 7-14 days (after germination) to complete.

Harvesting:

- Use a pair of scissors or fine trimming sheers and cut the stem along the base.

Uses:

1. Food garnishes (i.e., soups, salads, pizzas)
2. To add nutritional value to juices/smoothies.

Storage:

1. Refrigerate for 32-40°F in plastic bags (to keep humidity high and minimize desiccation)
2. Up to 2 weeks shelf life in a refrigerator.



Miscellaneous Information:

- Use a low dosage of fertilizer, if you use too much, it causes the stems to become too “leggy.” It makes it difficult to harvest and less marketable for the consumer.
- Two biggest things to follow is supplemental lighting and low dosage fertilizer. What this means is you want to use only about $\frac{1}{4}$ of that amount you would use for typical plants.
- LSU attempted to grow microgreens hydroponically, they were unsuccessful and would not recommend it.
- Use Untreated or Organic Hemp Seeds