

Microgreens Terrarium

Make a Microgreens Terrarium to watch seedlings sprout and grow in a closed container.

Seeds need the right environmental factors to sprout, such as temperature, light and water. When plants grow in a closed container like a terrarium, light still gets in to warm the soil/air and be used by the seedling in photosynthesis. Water is also needed for sprouting and growth. In a terrarium the water will evaporate into the terrarium's air, then condense on the cap. The condensed water droplets will fall back down to the seedlings and soil, like a mini water cycle.

To make a terrarium:

Materials

Cup with clear detachable dome-shaped cap

Potting mix soil

Microgreens seeds (or other small seeds such as spinach or lettuce that can be used in a shaker)

Shaker with holes of a size appropriate for small seeds

Spray bottle filled with water

Directions

1. Put moist soil in cup – about $\frac{3}{4}$ cup full – level the soil and tamp it down.
2. Sprinkle seeds on soil.
3. Spray water on seeds and soil.
4. Put cap on cup.
5. Place in a sunny window.
6. Leave cap on as seedlings grow; do not remove cap or add additional water.
7. Once seedlings reach the top of the cap, remove cap and do one of the following:
 - separate seedlings into a larger open pot and water/spray/mist regularly at least once a week depending on the depth of the pot;
 - transplant the seedlings outside, weather permitting;
 - just eat the seedlings by cutting at base when 2-3 inches tall. Seedlings will continue to grow.

Note: Wash your microgreens before eating.

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