Where To Buy Seeds for Microgreens

WHERE TO BUY SEEDS

for Microgreens

Microgreens are ultra-trendy right now. But where do you buy seeds for microgreens?

Microgreens have been popular for a while, but lately, there's been an enormous burst of interest in these tiny, tasty sprouts. Here's why you should consider growing them at home and how to buy seeds for microgreens.

What are microgreens?

Microgreens aren't a variety of plants. They are very young plants harvested when they are in a micro-growing stage before they get much taller than a few inches.

Microgreens offer a burst of flavor that you'd get with a full-sized plant but without the lengthy growing season requirements. They're also packed with nutrients and easy as pie to grow.

Ideas for using microgreens

You might be wondering about how to use microgreens. Why grow tiny sprouts when you can have a full-sized broccoli plant?

Microgreens have a unique fresh taste and texture that you can't get with a full-sized plant. They're great for using as a garnish, but they also taste delicious in salads, sandwiches, and stir-fries.

Where to buy seeds for microgreens?

Not every plant works well as a microgreen. A few edible plants that work well as sprouts include:

- Leafy greens like [kale](), lettuce, and mustards
- Herbs like cilantro and basil
- Brassicas like broccoli and [radish]()
- Flowers like sunflowers

You can use regular seeds to grow microgreens. But you need to make sure you choose untreated seeds when growing microgreens.

Some companies sell [unique microgreen seed mixes](). These mixes simply contain a variety of seeds that germinate at similar times. They've also been tested for maximum germination rates and flavor.

That said, because you'll need many seeds for a decent harvest, it's best to buy microgreen seeds in bulk.

You can buy regular seeds to grow microgreens or special mixes. Both are typically available from popular seed retailers like Johnny's Seeds or [High Mowing Organic Seeds]().

Want more info on how to grow microgreens at home? Take a look at this video: