

MICROGARDEN

- ▶ The herbs and the vegetables you see here have just produced their first leaves. Microleaves are very healthy and have up to 5 times as much nutritional value as mature plants. Furthermore, you can start a microgarden at home, choosing your own composition of structures, colours and nutritional values.

- ▶ **NECESSARY MATERIALS:**

- A. A cultivation container**

- You can use any type of container.

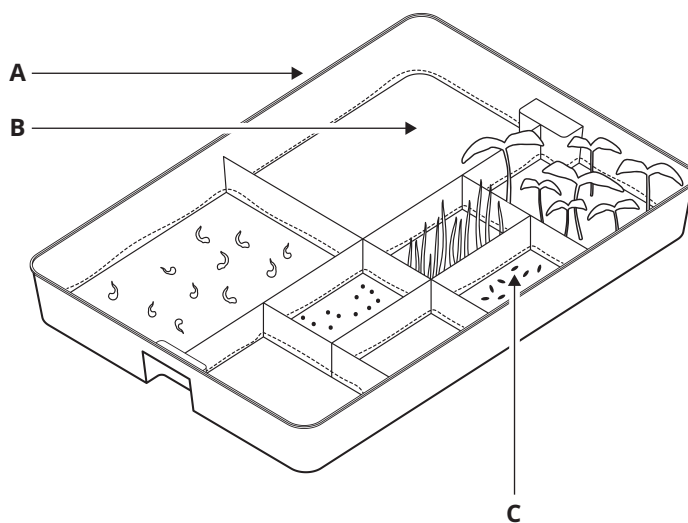
- ▶ A container with 6 slots, e.g. KUGGIS

- B. Seeding substrate**

- ▶ use an old T-shirt or other cotton fabric, you can also fill the slots with soil for plants
 - ▶ special fertiliser for hydroponics, but you can also try using a regular one — make sure it is as natural as possible

- C. Seeds**

- ▶ try different types, such as linseed, salad, sunflower
 - ▶ experiment



- ▶ **STEP 1** Wash the container thoroughly and put it on a window sill, preferably in a well-sunlit spot.
- ▶ **STEP 2** Cut out pieces of fabric in sizes that fit in the slots. They can be double. Soak them in water with a proper amount of fertiliser, as suggested by the manufacturer. Then place them in selected slots.
- ▶ **STEP 3** Put one type of seeds to each slot. Spray them with water regularly, so that the fabric is always moist. Pay attention to how you seed the plants you have chosen. Some of them only germinate in the dark. In such case, you must cover a specific slot for about 2-3 days, until the seeds start to germinate.
- ▶ **STEP 4** When first juicy leaves appear, you can collect them by slightly cutting the plants at the bottom. They will be perfect for sandwiches, salads and cocktails.
- ▶ **STEP 5** Having collected the microleaves, soak and clean the fabric mechanically, wash it in the washing machine and use it again.