

Urban and Small-Scale Microgreens Training Outline

Chris Thoreau 2014

Part I: Introduction and Primary Components

1. Overview of Workshop
2. Introduction
 - a. What are Microgreens?
 - b. Why Grow Microgreens?
3. Overview of Process and Primary Components
 - a. Overview of Whole Process in 2 Minutes
 - b. Climate
 - i. Hot and Cold Conditions
 - c. Crops
 - i. Small Seeded
 - ii. Large Seeded
 - iii. Climate Preferences
 - d. Seeds
 - i. Sourcing
 - ii. Trialing
 - iii. Purchasing
 - iv. Volume
 - v. Storage
 - e. Soil
 - i. Blends
 - ii. Sourcing
 - iii. Nutrition
 - iv. Density
 - v. Trialing
 - vi. Storage
 - vii. Composting
 - f. Trays
 - i. Size and Depth
 - ii. Quality
 - iii. Handling
 - iv. Sources

Part II: Infrastructure

1. Growing Area
2. Irrigation
3. Harvest and Cooler Area
4. Tray and Seed Prep Area
5. Seed Soaking and Sanitizing
6. Wash up Area

7. Soil Storage and Compost Storage
8. Supply Storage
9. General System Layout

Part III: Regulations, Packaging, Labels, and Hygiene

1. Regulations
 - a. CFIA and FDA Guidelines/Requirements
2. Packaging
 - g. Types
 - h. Labels
 - i. Date Stamps/lot code
 - j. CFIA/FDA Requirements
 - k. Presentation
4. Labels
 - a. CFIA Requirements
 - b. Printing
5. Hygiene
 - a. Hygiene Basics
 - b. Sanitation Equipment
 - c. Recording

Part IV: Production Process

Process

1. Preparing Trays
 - a. Packing soil
 - b. Pre-prepping trays
 - c. Stacking/Shelving
2. Soaking and Sanitizing Seeds
 - a. Sanitation and Rinsing
 - b. Sanitizer
 - c. Soaking Time
 - d. Water T
 - e. Expansion
 - f. Water Volume
 - g. Rinsing
 - h. Rinsing and leaving seeds for additional days before sowing
3. Sowing
 - a. Determining Sowing Density/Rate
 - b. Distribution
 - c. Watering
4. Stacking and Germinating
 - a. Why stack?
 - b. Germination T
 - c. Cover Trays
5. Uncovering and Growth
 - a. Timing of different crops

- b. Stretching and stressing Crops
 - c. Crop Care
 - d. Watering
 - e. Excessive drying
 - f. Temperature
 - g. Stressing
 - h. Growing Strategies for Specific Crops
 - i. Sunflower
 - ii. Pea
 - iii. Radish
6. Harvesting, Packing and Storage plus Set up
 - a. Pre-harvest crop water requirements
 - b. Harvest System Set up and Prep
 - c. Sanitation and Equipment Preparation
 - d. Hand washing and gloves
 - e. Bags and labeling
 - f. Delivery Lists
 7. Harvesting Process
 - a. Varies with Crops
 - b. Shake (Hull removal)
 - c. Cut
 - d. Initial Rinse
 - e. Secondary Rinse and Wash/pick hulls
 - i. Water T
 - ii. Changing Water
 - f. Transfer to Spinner
 8. Weighing and Packing
 9. Post-harvest Storage
 10. Distribution
 - a. Transport T
 11. Post-harvest Clean up
1. General process notes to be covered
 - a. Working in Batches
 - b. Working Systematically
 - c. Working Consistently
 - d. Reviewing and Improving
 - e. Cross Contamination
 - f. Hygiene and Sanitation
 - g. Recording – (Record Everything!)
 2. Growing Period
 - a. Difference for Crops and Seasons