

# 101 Types of Microgreens



Type of Microgreen	Latin Name	Description of Flavor	Presoak?	Seeding Density (per 10" x 20" tray)	Blackout Period	Growing Medium	Germination Time	Harvest Time	Notes
Adzuki Bean	<i>Vigna angularis</i>	Sweet, nutty flavor	Yes	50 grams	No	Soil	2-3 days	7-8 days	Adzuki bean (red bean) is commonly used in desserts and other dishes in Asia.
Alfalfa	<i>Medicago sativa</i>	Mild nutty flavor	No	25-30 grams	3-4 days	Hydroponic	1-2 days	8-11 days	Alfalfa sprouts are more common than alfalfa microgreens
Amaranth	<i>Amaranthus viridis</i>	Mild sweet flavor	No	7 grams	4-5 days	Soil or Hydroponic	2-3 days	8-12 days	Difficult to grow
Anise	<i>Pimpinella anisum</i>	Mild licorice flavor	No	25-30 grams	2 days	Soil	7-10 days	17-20 days	
Arugula	<i>Eruca vesicaria ssp. Sativa</i>	Strong peppery flavor	No	10 grams	4-6 days	Hydroponic	2-3 days	8-12 days	
Asparagus	<i>Asparagus officinalis</i>	-	Yes	15 grams	No	Soil	7-10 days	20-24 days	
Barley	<i>Hordeum vulgare</i>	Bitter grassy flavor	Yes	30 grams	No	Soil	1-2 days	7-10 days	Commonly used as fodder for pets and livestock
Basil	<i>Ocimum basilicum</i>	Intense basil flavor	No	6 grams	5-7 days	Hydroponic	5-7 days	12-18 days	Difficult to grow
Beet	<i>Beta vulgaris</i>	Sweet and earthy	Yes	25 grams	6-8 days	Soil	3-4 days	11-21 days	Difficult to grow
Borage	<i>Borago officinalis</i>	Mild cucumber flavor	No	36 grams	8 days	Soil	4-6 days	10-20 days	
Broccoli	<i>Brassica oleracea var. italica</i>	Strong broccoli flavor	No	15 grams	4-5 days	Hydroponic	2-3 days	8-14 days	
Brussel Sprouts	<i>Brassica oleracea var. gemmifera</i>	Bitter, mild brussel sprout flavor	No	25-30 grams	3 days	Hydroponic	1-2 days	8-10 days	
Buckwheat	<i>Fagopyrum esculentum</i>	Tangy citrus flavor	Yes	340 grams	3-4 days	Soil	1-2 days	8-12 days	
Cabbage	<i>Brassica oleracea var. capitata</i>	Strong broccoli flavor	No	11 grams	3-4 days	Hydroponic	1-2 days	6-12 days	
Carrot	<i>Daucus carota subsp. Sativus</i>	Mild carrot flavor	No	8 tsp	4-5 days	Soil	2-3 days	14-20 days	
Cauliflower	<i>Brassica oleracea var. botrytis</i>	Sweet and slightly peppery	No	25-30 grams	4-6 days	Hydroponic	2-3 days	8-12 days	
Celery	<i>Apium graveolens</i>	Sharp celery flavor	No	20 grams	6-8 days	Hydroponic	10-14 days	4-5 weeks	
Celosia	<i>Celosia cristata</i>	Mild spinach flavor	No	25-30 grams	4-5 days	Soil or Hydroponic	2-3 days	25-30 days	
Chard	<i>Beta vulgaris subsp. Vulgaris</i>	Sweet and earthy	Yes	32 grams	4-7 days	Soil	2-5 days	11-21 days	Difficult to grow
Chervil	<i>Anthriscus cerefolium</i>	Blend of anise/licorice and parsley	No	25 grams	5-6 days	Soil	3-4 days	12+ days	Often confused with parsley microgreens
Chia	<i>Salvia hispanica</i>	Slightly bitter and minty taste	No	28 grams	3-5 days	Hydroponic	2-3 days	8-12 days	Mucilaginous meaning the seeds have a viscous consistency. Mist through root establishment
Chickpea	<i>Cicer arietinum</i>	Sweet taste similar to hazelnut	Yes	25-30 grams	No	Soil	2-3 days	8-12 days	Only soak chickpea seeds for a few hours. Do not consume raw chickpea microgreens.
Chicory	<i>Chicorium intybus</i>	Flowery with a bitter aftertaste	No	25-30 grams	No	Hydroponic	3-5 days	8-15 days	
Chinese Cabbage	<i>Brassica rapa subsp. Pekinensis</i>	Strong broccoli flavor	No	11 grams	3-4 days	Hydroponic	1-2 days	8-14 days	Same thing as Pak Choi

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Chinese Mahogany	<i>Toona sinensis</i>	Mild onion flavor	Yes	115 grams	4-5 days	Soil	7-10 days	16-24 days	Presoak seeds for 4 hours. Same thing as Chinese toon. Tends to germinate unevenly, so may require multiple harvests.
Chinese Toon	<i>Toona sinensis</i>	Mild onion flavor	Yes	115 grams	4-5 days	Soil	7-10 days	16-24 days	Presoak seeds for 4 hours. Same thing as Chinese Mahogany. Tends to germinate unevenly, so may require multiple harvests.
Chive	<i>Allium schoenoprasum</i>	Onion flavor	No	55 grams	4-7 days	Soil	7-14 days	21+ days	Difficult to grow
Chrysanthemum	<i>Chrysanthemum morifolium</i>	Mild lettuce flavor with a hint of bitterness	No	25-30 grams	3-4 days	Soil	3-5 days	10-20 days	Commonly used in Japanese, Chinese, and Korean dishes
Cilantro	<i>Coriandrum sativum</i>	Soapy to some people, fresh and citrusy to others	Yes	35 grams	6 days	Soil	4-6 days	21-28 days	Difficult to grow. Keep soil moist throughout the blackout period. Grows best in cooler temperatures (below 70°F).
Clover	<i>Trifolium</i>	Mild fresh flavor	No	25-30 grams	3-5 days	Hydroponic	1-2 days	8-12 days	The younger the clover, the sweeter the harvest
Collard	<i>Brassica oleracea</i>	More intense version of mature collard greens	No	25-30 grams	4-5 days	Hydroponic	1-2 days	10-12 days	
Corn Shoot	<i>Zea mays</i>	Very sweet flavor with hints of corn	Yes	230 grams	6-8 days	Soil	1-2 days	6-8 days	Corn shoots should not be exposed to light at any point during their growing cycle
Cress	<i>Lepidium sativum</i>	Strong peppery flavor	No	11 grams	4-5 days	Hydroponic	3-4 days	8-12 days	Difficult to grow. Use 1/4 of the normal amount of water to initially soak the growing mat. Mist frequently during the blackout period.
Cucumber	<i>Cucumis sativus</i>	Fresh, juicy cucumber flavor	No	28 grams	3-4 days	Soil or Hydroponic	1-2 days	7-12 days	
Dandelion	<i>Cichorium intybus</i>	Mildly bitter flavor	No	4 grams	4-5 days	Soil or Hydroponic	2-3 days	10-25 days	
Dill	<i>Anethum graveolens</i>	Mild dill flavor	No	10-15 tsp	4 days	Soil	4-5 days	12-30 days	Mist twice a day to make sure the plant does not dry out
Dun Pea	<i>Pisum sativum</i>	Fresh sweet flavor	Yes	180 grams	3-5 days	Soil	2-3 days	12-16 days	
Endive	<i>Cichorium endivia</i>	Mild bitter flavor	No	25-30 grams	3 days	Hydroponic	2-3 days	8-15 days	Harvest close to the roots for the best flavor
Fava Bean	<i>Vicia faba</i>	Nutty sweet flavor	Yes	250 grams	4-5 days	Soil	3-4 days	12-15 days	
Fennel	<i>Foeniculum vulgare</i>	Mild licorice flavor	No	30 grams	3-5 days	Soil	3-4 days	14-16 days	
Fenugreek	<i>Trigonella foenum-graecum</i>	Aromatic and juicy	Yes	30 grams	1 day	Soil or Hydroponic	1 day	14 days	Commonly used in Indian cuisine
Flax	<i>Linum usitatissimum</i>	Nutty and mildly spicy	No	12-15 tsp	2-3 days	Soil	2-3 days	6-14 days	
Garlic	<i>Allium sativum</i>	Strong garlic flavor	No	55 grams	4-7 days	Soil	7-14 days	3 weeks	
Hemp	<i>Cannabis sativa</i>	Nutty mild flavor	Yes	25 grams	3-4 days	Soil or Hydroponic	1-2 days	6-10 days	It may not be legal to grow hemp in your state or country. Check your local laws before growing hemp.

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Kale	<i>Brassica oleracea</i>	Strong broccoli flavor, nutty, rich	No	10 grams	3-5 days	Hydroponic	2-3 days	8-14 days	
Kohlrabi	<i>Brassica oleracea var. gongylodes</i>	Strong broccoli and cabbage flavor	No	10 grams	3-6 days	Hydroponic	2-5 days	8-14 days	
Komatsuna	<i>Brassica rapa var. perviridis</i>	Bold mustard flavor with spice	No	28 grams	4-5 days	Soil or Hydroponic	2-3 days	8-12 days	
Leek	<i>Allium ampeloprasum</i>	Strong onion flavor	No	16 grams	4-6 days	Hydroponic	3-4 days	12-14 days	Has a very strong flavor. A little goes a long way.
Lemon Balm	<i>Melissa officinalis</i>	Strong lemon flavor	No	15 grams	5 days	Soil	10-14 days	24-30 days	Uneven germination
Lemongrass	<i>Cymbopogon</i>	Strong lemon flavor	No	15 grams	No	Soil	2-3 days	14+ days	
Lentil	<i>Lens culinaris</i>	Mild pea flavor with some bitterness	Yes	30 grams	3-4 days	Soil or Hydroponic	2-3 days	7-12 days	
Lettuce	<i>Lactuca sativa</i>	Mild lettuce flavor	No	25-30 grams	3-5 days	Hydroponic	1-2 days	14-16 days	
Lovage	<i>Levisticum officinale</i>	Parsley and celery flavors combined	No	20 grams	No	Soil	6-14 days	18-24 days	
Mache	<i>Valerianella locusta</i>	Walnut flavor	No	25-30 grams	3-4 days	Soil	2-3 days	8-12 days	
Magenta Spreen	<i>Chenopodium giganteum</i>	Spinach flavor	Yes	25-30 grams	3-4 days	Soil	4-8 days	16-25 days	
Marigold	<i>Tagetes</i>	Zesty tangerine flavor. Tastes how marigolds smell.	No	4 grams	3-4 days	Soil	2-4 days	7-12 days	It takes many seeds to cover a small area (over 1,000 seeds to cover a 5" x 5" tray).
Marjoram	<i>Origanum majorana</i>	Piney, minty flavor with citrus undertones	No	14 grams	3-4 days	Soil	4-6 days	10-14 days	
Mesclun Mix	-	Mixture of flavors from different greens	No	~500 seeds	3-4 days	Soil or Hydroponic	1-2 weeks	3-4 weeks	Mesclun is a mix of chervil, arugula, leafy lettuces, and endive
Millet	<i>Panicum miliaceum</i>	Mild grain flavor	Yes	150 grams	4 days	Soil	1-2 days	12+ days	Commonly used as fodder
Mint	<i>Mentha</i>	Sweet minty flavor	No	14 grams	3 days	Soil or Hydroponic	2-3 days	10-14 days	
Mizuna	<i>Brassica juncea</i>	Bold mustard flavor with mild spice	No	10 grams	2-4 days	Hydroponic	1-2 days	8-12 days	Grows better in cooler conditions
Mung Bean	<i>Vigna radiata</i>	Slightly buttery bean flavor	Yes	120 grams	3 days	Soil or Hydroponic	1-2 days	7-10 days	
Mustard	<i>Brassica juncea</i>	Bold mustard flavor with spice	No	8 grams	2-4 days	Hydroponic	1-2 days	8-10 days	
Nasturtium	<i>Tropaeolum majus</i>	Spicy flavor	Yes	55 grams	3-4 days	Soil	4-7 days	8-16 days	
Oat Grass	<i>Avena sativa</i>	Grassy flavor	Yes	2-4 cups of dry grain	3-5 days	Soil or Hydroponic	2 days	6-10 days	
Onion	<i>Allium cepa</i>	Strong onion flavor	Yes	16 grams	No	Soil	1-2 days	14-21 days	
Orach	<i>Atriplex hortensis</i>	Very bitter flavor	No	70 grams	4 days	Soil	2-4 days	10-12 days	
Oregano	<i>Origanum vulgare</i>	Herbaceous flavor with a minty aroma. Slightly bitter.	No	25-30 grams	No	Soil	5-7 days	5 weeks	

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Pak Choi	<i>Brassica rapa subsp. Chinensis</i>	Strong broccoli flavor	No	11 grams	3-4 days	Hydroponic	1-2 days	8-14 days	Same thing as Chinese Cabbage
Paracress	<i>Acmella oleracea</i>	Grassy and herbaceous flavor.	-	-	No	Soil	-	15-25 days	Needs direct sunlight to germinate
Parsley	<i>Petroselinum crispum</i>	Mild parsley/herbaceous flavor	No	11 grams	4-5 days	Soil	7-20 days	25-30 days	
Pea	<i>Pisum sativum</i>	Sweet broccoli flavor	Yes	203 grams	3-5 days	Soil	2-3 days	12-16 days	Mist twice a day during the blackout period.
Pumpkin	<i>Cucurbita</i>	Mildly bitter and nutty	Yes	-	6 days	Soil	2-4 days	16+ days	
Purslane	<i>Portulaca oleracea</i>	Tangy spinach taste	No	25-30 grams	No	Soil or Hydroponic	7-10 days	14-21 days	
Quinoa	<i>Chenopodium quinoa</i>	Mild flavor with a hint of nuttiness	Yes	25-30 grams	No	Soil	2-3 days	10-14 days	
Radicchio	<i>Cichorium intybus var. foliosum Endive</i>	Bold bitter flavor	No	25-30 grams	No	Hydroponic	3-5 days	8-15 days	
Radish	<i>Raphanus sativus</i>	Spicy flavor. Tastes like a more intense version of a radish bulb.	No	25 grams	2-3 days	Hydroponic	1-2 days	6-12 days	
Rosemary	<i>Rosemarinum officinalis</i>	Rosemary flavor. More tender version of mature plant.	Yes	-	No	Soil	15-25 days	6-8 weeks	
Rutabaga	<i>Brassica napobrassica</i>	Mild peppery flavor	No	28 grams	3-4 days	Hydroponic	2-3 days	8-12 days	
Rye	<i>Secale cereale</i>	Slightly bitter taste	Yes	30 grams	No	Soil	1-2 days	5-9 days	
Sage	<i>Salvia officinalis</i>	Strong sage flavor	No	4-6 grams	No	Soil	7-10 days	14-21 days	
Salad Burnet	<i>Sanguisorba minor</i>	Bland cucumber flavor	No	-	3-4 days	Soil	5-7 days	12-18 days	
Saltwort	<i>Salsola</i>	Mild earthy flavor	No	25-30 grams	No	Soil or Hydroponic	7-10 days	15-20 days	
Sambuca (Elderberry)	<i>Sambucus</i>	Sweet Licorice flavor	Yes	-	90 days	Soil	4-6 months	-	Put seeds in refrigerator for the blackout period
Scallion	<i>Allium cepa</i>	Strong onion flavor	Yes	16 grams	No	Soil	1-2 days	14-21 days	
Sea Bean	<i>Salicornia</i>	Fleshy succulent stems with a salty flavor	Yes	Fill the entire tray with beans (no overlap)	No	Soil	3-5 days	14-25 days	
Sesame	<i>Sesamum indicum</i>	Mild, bland flavor	No	25-30 grams	3-4 days	Soil or Hydroponic	2-3 days	7-10 days	
Shiso	<i>Perilla frutescens</i>	Licorice flavor similar to anise or fennel	Yes	12 grams	No	Soil	7-14 days	20+ days	Cover with vermiculite as light helps with germination
Shungiku	<i>Glebionis coronaria</i>	Strong carrot flavor	No	25-30 grams	3-4 days	Soil	3-5 days	12-30 days	
Sorrel	<i>Rumex acetosa</i>	Lemon flavor	No	4 grams	3-5 days	Soil	5-7 days	Up to 30 days	
Spinach	<i>Spinacia oleracea</i>	Mild flavor like the adult plant	No	60 grams	4-6 days	Hydroponic	2-3 days	8-12 days	
Sunflower	<i>Helianthus</i>	Nutty flavor	Yes	122 grams	3-4 days	Soil	1-2 days	8-12 days	
Tangerine Lace	<i>Citrus reticulata</i>	Citrus flavor	No	55 grams	No	Soil	7-14 days	20-30 days	
Tarragon	<i>Artemisia dracuncululus</i>	Sweet licorice flavor	No	25-30 grams	No	Soil or Hydroponic	3-7 days	10-14 days	



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Tatsoi	<i>Brassica narinosa</i>	Bold mustard flavor, spicy	No	8 grams	3-4 days	Soil or Hydroponic	1-2 days	8-12 days	
Thyme	<i>Thymus vulgaris</i>	Earthy and a little sweet	No	20 grams	5-8 days	Soil	8-20 days	5+ weeks	
Triticale	<i>xTriticosecale</i>	Fresh and sweet	Yes	30 grams	No	Soil	1-2 days	7-10 days	Hybrid of wheat and rye first bred in laboratories during the late 19th century in Scotland and Germany. Commercially available triticale is almost always a second-generation hybrid.
Turnip	<i>Brassica rapa subsp. Rapa</i>	Radish flavor without the spice	No	14.5 grams	3-4 days	Soil or Hydroponic	2-3 days	8-12 days	
Wasabi	<i>Eutrema japonicum</i>	A spicy mustard flavor	Yes	9.5 grams	3-4 days	Soil or Hydroponic	3-5 days	14-21 days	
Water Pepper	<i>Persicaria hydropiper</i>	Fresh green flavor with a lingering heat spice	Yes	-	No	Soil or Hydroponic	7-10 days	10-20 days	
Watercress	<i>Nasturtium officinale</i>	Sharp peppery flavor	No	25-30 grams	3-4 days	Soil	3-4 days	8-12 days	Mucilaginous meaning the seeds have a viscous consistency. Mist through root establishment.
Wheatgrass	<i>Triticum aestivum</i>	Fresh grassy flavor	Yes	450 grams	2 days	Soil or Hydroponic	2 days	8-10 days	