



- grow the life you imagined -

GROW, COOK, EAT



LIVING CURRICULUM GUIDE

LEARN . GROW . CREATE . CONNECT

NURTURING
HEART
HANDS &
MINDS



Your Growing Guide



simple living. meaningful learning. together.

Microgreens



I'd love to see what you grow and cook.
Tag me on [Instagram](#)

YOUR FIRST PLOT-TO-PLATE WEEK



FIRST RESULTS IN 7-10 DAYS.

No garden needed. Your children can do most of this themselves.

Quick, easy activity with fast results.



WHY MICROGREENS?

Most growing guides start with seeds that take months. You sow them, wait, and nothing happens in time to feel exciting. Microgreens are different, they're harvested young, when the first leaves appear. Intensely flavoured, genuinely nutritious, and your children will see real results within a week. No specialist equipment. No garden. A yoghurt pot and a sunny windowsill will do.



WHAT YOU NEED

- A shallow tray or pot with drainage holes (a yoghurt pot with holes poked in the bottom works perfectly)
- Multi-purpose compost
- Microgreen seeds — radish, peas, or a mixed salad pack are the easiest to start with
- A sunny windowsill
- A watering can or spray bottle



[Buy microgreens here](#) or [here](#)

DAY 1: SOWING

1



Fill your pot with compost to about 2cm from the top. Press it down gently.

2



Scatter your seeds evenly across the surface.

3



Cover with a thin layer of compost — just enough to barely hide the seeds (about 5mm).

4



Water gently until the compost is moist but not waterlogged.

5



Place on a sunny windowsill and label with the date.

6



Watch me do this: A 2-minute [video](#) showing exactly what this looks like in real life so you can check you've done it right.



DAYS 2-4: WATCHING

Keep the compost moist and check it daily. With some microgreen seeds you'll often see the first pale shoots within 48 hours. Make the morning check a ritual with your children. This is where the growing habit forms.



DAYS 5-7: GROWTH

The first seed leaves are opening now. Little and often with watering — big drenchings cause problems. Leggy, pale seedlings mean not enough light — move them to a brighter spot.



DAYS 7-10: HARVEST

When your microgreens are 3-5cm tall and the first leaves are fully open, they're ready. Harvest with scissors, cutting just above the compost line. Hand the scissors to your child. Let them do the cutting. This is the moment.

What's next?



NEXT – COOK WITH YOUR MICROGREENS:

Keep this going and get a recipe sent direct to your inbox. Finish off the plot to plate week with a delicious child friendly recipe using the microgreens you have just grown. You'll use this recipe again and again!

JOIN THE MEMBERSHIP

£27
MONTH

weekly guides, seasonal recipes, curriculum connections, member community

£47
MONTH

everything above, plus monthly group calls and direct access to Kate – COMING SOON

FULL MONEY-BACK GUARANTEE:

go through your first month and don't feel it was worth every penny – I'll refund you, no questions asked.

JOIN HERE



Let's grow something

SIDE A



YOUR MICROGREENS GUIDE



WHAT YOU NEED:

pot or tray



compost



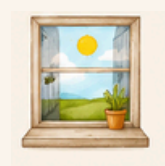
seeds



water



a sunny
windowsill



01 Fill your pot



Fill your pot with compost. Leave a gap at the top. Press it down gently with your fingers.

02 Scatter your seeds



Sprinkle your seeds all over the top. Spread them out like sprinkling salt on chips!

03 Cover them up



Sprinkle a tiny bit more compost on top. Just enough to hide the seeds.

04 Water gently



Give your seeds a gentle drink. Not too much, just until the compost feels damp.

05 Sunny windowsill



Put your pot on a tray, where the sun shines. Your seeds need light to wake up!

06 Harvest



When your microgreens are as tall as your finger, they're ready! Ask a grown-up for the scissors. Cut just above the soil.

See page 7 of your guide for your growing diary template.

Your growing diary

Key Vocabulary

germinate

height

shoot

Use this to track the growth of your microgreens. What do they look like on each day?
You could even measure the height of your microgreens.



Growing Diary

	Day 0	Day 1	Day 3	Day 5	Day 7
Drawing					
Word or sentence					