



Indoor Salad Garden Supply List

Before you begin: gather these supplies

- 4 small jars (baby food size or half-pint)
- Measuring spoons
- Small, fine mesh strainer
- 20-30 shallow soup bowls, depending on size of family and desired harvest
- Quality, organic potting soil
- Something to scoop soil, such as a sturdy 1-cup measuring cup
- 2-4 gallon-size containers or Ziploc bags
- Spoon, a regular spoon from your flatware
- Old seed catalog, newspapers, paper towels, or paper napkins
- Wide, shallow bowl or 9x9 inch (23 cm) glass baking pan
- Watering can with narrow spout
- Small dot stickers, optional, + a pen
- Seeds (pea, sunflower, buckwheat, and radish; see list below)
- Jars of appropriate size to hold seeds
- Scissors
- Salad spinner, optional
- Window with a ledge wide enough to safely hold the bowls
- Year-Round Indoor Salad Gardening by Peter Burke, optional and highly recommended

Seed Suppliers:

- Azure Standard
https://www.azurestandard.com/?a_aid=r9AO3OhbYm
- Johnny's Selected Seeds <https://www.johnnyseeds.com/>
- Sprout People <https://sproutpeople.org/>
- High Mowing Seeds <https://www.highmowingseeds.com/>
- Starwest Botanicals <https://www.starwest-botanicals.com/>

Transfer your seeds to jars with lids for ease of use.

Fill the gallon-size containers or Ziploc bags with potting soil. Add 3 cups of water, then cover with lids or zip to seal. Turn the containers a few times over the next few hours to evenly moisten the soil.

Now that you have gathered your supplies, give them a home. I use a drawer and cupboard in my antique hutch in the living room. You can use a cupboard in your utility room, a shelf in the family room, or a plastic storage bin.

Clear out a shelf or two in a cupboard to place your bowls once they are planted. More on that in Step 4.



Indoor Salad Garden: 7 Step Guide

Step 1 Soak seeds

We start with the easiest seeds to grow that will produce a reliable crop of greens in your indoor salad garden. Measure a tablespoon of one kind of seeds and place them in a small jar. Add water to fill, stir, and soak at room temperature 6-24 hours.

- pea
- sunflower
- buckwheat
- radish

Step 2 Prepare paper caps

Tear off 2 pages of an old seed catalog (one with soft newsprint-type of paper, not a glossy one). Fold the paper into a shape that will fit the bowl and come up the sides to cover the surface of the soil. Paper acts as the top layer of soil. Prepare four caps, one for each planting bowl. Place folded caps in a dish of water to soak.

Step 3 Sow seeds, place in the dark

Scoop about 1 cup of pre-moistened potting soil into a soup bowl and gently pat smooth to create an even surface for planting. Soil should be about 1 inch (2.5 cm) deep. Repeat for remaining three bowls.

Rinse seeds, one kind at a time, in a small strainer. Invert the strainer over the prepared planting bowl and tap to dislodge seeds. Use your fingers or the back of a small spoon to spread the seeds evenly. It's okay if they are crowded, but they shouldn't be stacked on top of each other. Do not cover the seeds with soil. Do not add water.

Lift a paper cap from the water dish, let it drip back into the dish, then place it on the planted bowl right on top of the seeds. Press it in gently to allow the edges of the paper to come up the sides of the bowl. Repeat for remaining three bowls.

Optional: write today's date on a dot sticker and place it on the pea bowl for reference.

Place all four planted bowls in a dark cupboard for 3-5 days.

Step 4 Move bowls to a window

When the seeds have sprouted and grown shoots 1-2 inches (2.5 - 5 cm) tall, move the bowls to a window. It does not need to be south-facing. Any window with a ledge wide enough to hold the bowls and light coming in will do. All four bowls may be ready the same day, or they may not. Check your cupboard daily and move them to the window as they are ready.

Step 5 Water daily

Fill a watering can with a narrow spout with water and water the planting bowls daily. Average size soup bowls will need about 2-4 tablespoons of water each day.

Step 6 Harvest and eat

Brush your hand over the buckwheat and sunflower shoots to dislodge hulls. Pick off any that remain.

When shoots are 4-6 inches (10-15 cm) tall, they are ready to pick. Harvest before the shoots grow a second set of leaves - except for the peas, which will have multiple leaves and possibly curly tendrils.

Gather the greens in a bundle with your non-dominant hand and use clean scissors to snip the shoots off close to the soil. Place cut greens in salad spinner basket, if you have one, and wash with clean, cool water. Spin dry (or towel dry) and they are ready to eat!

Peas give 2-3 harvests, successively smaller each time, before the plants give out. The others are single harvest plants. Feed the root wad to chickens, ducks, rabbits, sheep, or the compost pile.

Step 7 Repeat

The beauty of this system is that it is duplicatable. You can keep soaking, sowing, growing, and harvesting greens as long as you want, as much as you want.

If you want larger harvests, plant more bowls. If you want a more continuous daily harvest, plant fewer bowls but more often.

For example, when our children were living at home, I planted 5-8 bowls every other day. Now with just two of us, I plant 6 bowls 2-3 times a week.

You can supply your household with its entire quota of fresh greens year-round or use this system to fill in when your outdoor garden is not producing.

7 Helpful Tips

1. Watch my video tutorial where I walk you through the process multiple times if needed.
<https://chocolateboxcottage.tv/videos/indoor-salad-garden/> Use the time stamps in the video description and in the pinned comment below the video to help you locate the information you need.
2. Print the Supply List and 7-Step Guide
3. Gather all supplies before you start
4. Get a copy of the book Year-Round Indoor Salad Gardening by Peter Burke.
5. Keep planting and keep harvesting!
6. Use a salad spinner to wash and spin dry greens. Chop in bite-size pieces and store in a container lined with a paper towel or piece of clean cotton fabric in the fridge for up to 1 week.
7. See examples of incorporating greens into meals on my website. Type indoor salad garden, shoots, greens, and sprouts into the search bar.

Happy gardening! May your harvest be bountiful!

Michele Pryse

Addendum for Indoor Salad Garden Part 2, 6 new colorful greens you can grow indoors!

Gather supplies using the **Indoor Salad Garden Supply List** on page 1.

The seeds shown in the video are available through the seed suppliers listed on page 1. The process is the same with a few minor changes. I do recommend starting with the seeds demonstrated in the first video: peas, sunflower, buckwheat, and radish because they are cheap and easy to grow. They also produce a lot of greens, bulk-wise.

Broccoli, cabbage, purple kohlrabi, amaranth, and popcorn add fun color, flavor, and texture but produce less in quantity so consider them more of a garnish than a bulk ingredient. Keep growing the four staple greens and add the others for fun.

Follow steps 1 through 7 as above, with the following changes:

- Broccoli, cabbage, purple kohlrabi, and amaranth – plant 1 teaspoon of seeds per bowl (rather than a tablespoon).
- Purple radish and popcorn require a tablespoon.
- Popcorn needs to grow in the dark from start to finish, which takes about 7-10 days. This keeps the shoots tender and sweet. If exposed to light, popcorn shoots will turn fibrous and unpalatable.