



**Course:** Masterclass in Growing Microgreens, Edible Flowers & Leafy Salad Mixes: Growing your Favourite Local & Healthy Produce from Home

**Contact Hours:** 6

**Pre-requisite:** N/A

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## Abstract

This course is designed for persons who have an interest in starting a business in microgreens production, home growers and health conscious. At the end of the course, students will have a better understanding of the horticultural science of plant care, pest and disease management, fertilizer application, and post-harvest handling technology.

Moreover, practical, and cost-effective ways will be shared in establishing your own microgreens farm from your home using recycled materials. Microgreens, Leafy Salad Mixes and Edible Flowers are increasingly gaining popularity because of its healthy nutrition-packed properties and restaurant grade garnish that caters to a premium high value product.

### What are Microgreens:

A microgreen can be described as a young plant, seedlings of edible vegetables and herbs that have completed germination. Unlike larger herbs and vegetables that take weeks or months to grow, microgreens can be harvested and eaten a week to 10 days after the cotyledon. At this stage of maturity, the plant is at its highest nutritional level and more flavourful.

Microgreens has a shorter growth time when compared to traditional crops and can be using less space in small spaces

### Target Audience

- Persons new to crop farming
- Person interest in a healthy lifestyle

### Learning Outcomes

On completion of this course, learners will be able to:

1. Understand the horticultural science of plant care, pest and disease management
2. Understand fertilizer application
3. Post-harvest handling technology
4. Establishing their own microgreens farm

## Course Content

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### 1. Module 1

- Introduction and Overview of Microgreens Production
- Seed Science and Botany
- Requirements and Environmental Conditions for Microgreens Production
- Physical Demonstration

### 2. Module 2

- Plant Fertility and Nutrient Application
- Pest and Disease Management (IPM Approach)
- Requirements for Indoor Farming and Management

### 3. Module 3

- Propagation Methods for Fresh Herbs
- Establishing a Leafy Salad Mix Grow Tray and Management Requirements
- Post-Harvest Management and Value Additions
- Business Plan and System Design

### 4. Module 4

- The History and Benefits for Edible Flowers
- Most common Edible Flowers and Characteristics
- Propagation Methods and Handling Requirements