A PRACTICAL CANADIAN STARTER

The Seed & Source

Microgreen Starter Guide

Choose a setup. Grow one tray. Learn from the result.



FREE GUIDE · CANADA · 2026

START SMALL

Your first tray has one job

The purpose of a starter kit is to teach a repeatable routine - not to turn your kitchen into a farm on day one.

1 · CHOOSE

Pick one clearly labelled microgreen variety and a method that fits your space.

2 · GROW

Follow the seed or kit maker's density, blackout, watering and light directions.

3 · RECORD

Photograph the tray daily and note water, light, airflow and visible changes.

The simplest useful outcome

One clean, edible tray that you can explain and repeat.

Microgreens are seedlings harvested after germination, generally before they become baby greens. They are different from sprouts, which are commonly grown without a substrate and eaten with the root.

CHOOSE A BEGINNER CROP

Five useful first varieties

Buy seed clearly sold for microgreen use. Do not assume every garden plant is edible at the seedling stage.

FAST + BOLD	**Radish**	Quick visual feedback and peppery flavour. A strong first lesson in density and timing.
MILD	**Broccoli**	Small seed and familiar flavour. Useful for learning even coverage and gentle watering.
LARGE SEED	**Pea shoots**	A different soaking and density routine. Sweet, substantial shoots for meals.
SUBSTANTIAL	**Sunflower**	Large seed and thick shoots. Freshness and clean handling matter.
SMALL + SPICY	**Mustard**	Fast, colourful and flavourful. Best as a second tray beside a milder variety.

Avoid using tomato, pepper, eggplant, potato or rhubarb seed as microgreens. Their young plant parts are not suitable for this purpose.

CHOOSE A METHOD

Soil, coir or grow mat?

No method is automatically best. Choose the one whose instructions, cleanup and replacement supplies you will actually follow.

FAMILIAR

Soil or mix

Flexible and suitable for many varieties, but heavier and messier. A US soil kit may be prohibited from shipment into Canada.

COMPACT

Compressed coir

Lightweight and convenient. Confirm that the puck expands to the needed depth and is approved for the kit.

CLEANER

Grow mat

Low-mess and simple to handle. Performance varies by crop, mat and watering routine.

LOWEST WASTE

Seed-only refill

Best after you already own trays and understand your preferred growing medium.

Canadian buying rule: verify the exact kit contents. True Leaf Market states that loose soil and soil-containing kits cannot ship to Canada, while compressed coir and hydroponic media may be acceptable.

EQUIPMENT

What a starter kit should include

A good kit makes the first grow easier to understand. It should not hide recurring replacement costs.

Shallow growing tray	Prefer a food-safe tray with a clear drainage or bottom-watering method.
Cover or second tray	Used only as instructed for germination or blackout.
Clearly labelled seed	Species, intended microgreen use and quantity should be stated.
Growing medium	Enough for the promised number of trays, with clear preparation directions.
Watering tool	A mister may help at sowing; bottom watering is common after establishment.
Useful instructions	Density, soak, blackout, light, water, harvest and troubleshooting.

Nice to have later: a small scale, timer, reusable labels and a simple light. Do not buy a rack or large lighting system until one tray proves you enjoy the routine.

A REALISTIC ROUTINE

Your ten-day grow tracker

Timing varies by species and conditions. Treat this as an observation plan and follow the seed or kit maker's directions first.

DAY 0	**Prepare**	Clean the tray and tools. Read the instructions. Measure the seed and medium.
DAY 1	**Sow**	Distribute seed evenly, water as directed and begin the specified covered stage.
DAYS 2-3	**Inspect**	Check moisture, smell and visible germination without repeatedly disturbing the tray.
DAYS 3-5	**Introduce light**	Uncover only when instructed. Begin the recommended light and airflow routine.
DAYS 5-8	**Bottom water**	Keep the root zone moist without leaving the crop waterlogged.
DAYS 8-10+	**Harvest when ready**	Use the variety's visual cues, clean scissors and a clean container.

Record: seed weight · method · start date · uncover date · water · light · harvest date · result

TROUBLESHOOTING

Root hairs, mold and other warning signs

White growth is not automatically mold, but uncertainty is a reason to pause before eating the crop.

OBSERVE

Possible root hairs

Usually concentrated around roots, often even in appearance, and may diminish after rinsing or watering. Compare with trusted supplier photos.

PAUSE

Possible mold

May spread across seed or medium, look web-like or coloured, and can be accompanied by an off odour. Do not taste to investigate.

- Uneven germination: review seed distribution, contact and moisture.
- Leggy or leaning growth: review light placement and timing.
- Standing water: improve drainage and reduce watering before rot develops.
- Sour, rotten or strongly off odour: discard the tray and clean the equipment.
- When unsure: isolate the tray, photograph it and ask the seed or kit supplier.

Do not eat a tray you reasonably suspect is spoiled or contaminated.

HARVEST + KITCHEN

Cut cleanly. Cool promptly.

Microgreens are a fresh, perishable food. Clean growing and harvesting routines matter as much as the seed choice.

- Wash your hands and clean scissors, containers and preparation surfaces.
- Harvest above the growing medium so soil, coir or mat fibres stay out of the food.
- Remove damaged, discoloured or questionable growth.
- Follow trusted food-safety guidance for washing and drying the specific crop.
- Refrigerate promptly in a clean container that controls excess moisture.
- Use the greens for flavour, colour and texture in sandwiches, salads, bowls, eggs or garnishes.

A sensible promise

Microgreens can be a fresh culinary ingredient. Seed & Source does not present them as a treatment, cure or substitute for medical care.

BUY FOR CANADA

Starter-kit and supplier comparison

Prices, inventory and shipping change. Confirm the exact destination, kit contents and total landed cost before ordering.

SUPPLIER	BEST FIT	CANADA NOTE	STATUS
True Leaf Market	Seeds + mini kits	Avoid loose-soil kits	Apply first
Bootstrap Farmer	Trays + equipment	Check landed cost	Affiliate option
Hamama	Consumer system	Verify shipping	Affiliate option
Canadian sellers	Local kits + seed	Compare support	Ordinary links

Affiliate boundary

Seed & Source may apply to a merchant program, but a seller is not an active affiliate until approval and a working tracked link are verified. Ordinary merchant links remain plainly described.

Best first offer: an inexpensive seed or Canada-compatible mini kit, supported by this guide - not a large soil kit with border restrictions.

KEEP GROWING

A better first purchase starts here

Use the checklist, grow one tray and keep the result. The next purchase should solve a problem you actually observed.

Primary references

Health Canada · General food-safety information

canada.ca/en/health-canada/services/general-food-safety-tips.html

True Leaf Market · Microgreens starter guide

trueleafmarket.com/pages/growing-microgreens-starter-guide

True Leaf Market · Canada shipping policy

trueleafmarket.com/pages/canada-shipping-policy

Vegbed · Microgreens grow guide

vegbed.com/pages/microgreens-grow-guide

Affiliate disclosure

Some Seed & Source links may be affiliate links. Every active affiliate link is clearly marked. At publication, microgreen links in this guide are ordinary merchant links unless explicitly marked otherwise.

Explore the Seed & Source growing collection

seedandsource.ca/#shop

hello@seedandsource.ca