

MICROGREEN CARE & HANDLING



VERTICAL
HARVEST
FARMS

GENERAL MICROGREEN INFO

Temperature: around 36 degrees*, avoid temperature changes (in and out of refrigeration), don't leave product out for long periods.

Storage: Keep away from fans, fan flow and away from cooling elements.

LIVE MICROGREENS

Container: Store on a sheet pan, in a Lexan bin or similar.

Water: Keep grow medium damp to extend life. Using containers suggested helps to easily add water and maintain a damp medium. Careful not to over water - can cause mold or drowning.

Harvesting: Use scissors or a knife. Cut at the base of the stem for the cleanest, freshest and most visually appetizing result.

*Basil - Basil should be kept at room temperature. Refrigeration will cause yellowing. Water.

CUT MICROGREENS

Keep in a bag or sealed container to help maintain moisture. Keep at suggested temperature.

REVIVE TECHNIQUE

Try an ice bath and vacuum seal the greens.

TIPS AND TRICKS

If you are getting a bulk order, splitting into smaller containers will help with temperature control.

Having trouble? Let us know and we can help figure it out. If you have any suggestions to share on how you keep your greens let us know salesjh@verticalharvestfarms.com



Vertical Harvest

CARE & HANDLING

1. KEEP THEM COOL

Microgreens like to be kept cool. Around 36 degrees F (around 2 degrees C.) Normal refrigerators can run at up to 40 F (4.5 C) so you may want to check your settings and turn your fridge down a bit if you're able to.

2. KEEP THEM OUT OF SUNLIGHT

Microgreens love light when they're still growing. But once you harvest them, it's best to keep them out of direct sunlight. Exposing some varieties of microgreens to sunlight after they've been harvested can alter their taste and appearance.

3. TRIM & WASH WITH CARE

Our microgreens grow on a sheet. When you are ready to eat, trim them about halfway up. Microgreens can bruise easily, so they need to be handled with care when washing. You don't need to drown them. Just lightly rinse them in cold water and then gently run them through a salad spinner to dry them off if you've got one. It's best to wash your microgreens right before you're going to use them, not before you store them in the refrigerator. Otherwise they may have excess moisture and deteriorate more quickly.

