



Locally Grown



PENN GROWS
-Microgreens-

Rich in Nutrients

Microgreen Growers

10-Day Program

CULTIVATING KNOWLEDGE AND SKILLS THROUGH
HANDS-ON MICROGREEN EDUCATION



Locally Grown



Rich in Nutrients

Microgreens, Giant Flavors!

PennGrows Microgreen Growers program brings the excitement of microgreen cultivation directly to you! Our 10-day program transforms indoor spaces into lively laboratories of growth, exploration, and flavor.



High Nutrient Content

Microgreens are densely nutritious, offering higher concentrations of vitamins, minerals, and antioxidants compared to mature vegetables, with some nutrients up to 40 times more concentrated.



Culinary Innovation

Microgreens are great to experiment with because they new flavors, textures, and presentations, pushing the boundaries of traditional cuisine and finding new ways to delight the palate.



MICROGREEN GROWERS PROGRAM

The **PennGrows Microgreens Growers** program offers a comprehensive learning experience, beginning with hands-on planting of radish and broccoli seeds and progressing to understanding the needs of microgreens, setting up the self-watering grow rack, and exploring harvesting techniques. With three instructor visits on key days, a curriculum guide, instructional videos, and a self-watering grow rack provided, participants will gain practical knowledge and culinary inspiration for utilizing their home-grown microgreens.

10-DAY PROGRAM FEE

\$2500

Additional 10-day program

\$2200

Includes:

3 Instructor Visits (Day 1, 4, & 10)

Curriculum Guide

Instruction Videos

Self-Watering Grow Rack

Seeds and Soil



About the Self-Watering Grow Rack

As part of the **PennGrows Microgreen Growers** program, our self-watering grow rack is rented to facilitate the cultivation of microgreens throughout the course. This shelving unit serves as a crucial tool for creating an optimal growing environment for microgreens.

Rental Service Details:

- **Drop-off and Setup:** Before the start of the program, our team will deliver the self-watering shelving unit to your designated location. We will handle the setup process, ensuring that the shelving unit is properly installed and ready for use by the participants.
- **Usage During Program:** Throughout the duration of the program, participants will have access to the self-watering shelving unit for cultivating microgreens. The shelving unit is designed to provide efficient watering and space optimization, contributing to the success of the microgreen growing experience.
- **Pick-up:** After the program, typically on Day 10, our team will return to your location to dismantle and collect the shelving unit. We take care of the entire pick-up process, ensuring that there is no hassle or inconvenience for you or your participants.

ALIGNING WITH STATE STANDARDS

PennGrows Microgreen Growers program can be aligned with various standards depending on the context and focus of the education.



NEED MORE INFORMATION?

Visit us at penngrows.com

or email us at info@penngrows.com



* Fees include mileage up to 50 miles