



# Grow Microgreens Anywhere

## Chat Box Thread

### LIVE Interview with Commercial Microgreen Grower Crystal Meserole

### June 27th, 2024

19:00:34 From Lauren | GYOV Support Team to Everyone:

👋 Welcome, welcome! 😊 My name is Lauren and I'm your Support Team Member today. Let me know if you need anything!

🔔 We are getting started very soon! If you experience any difficulties connecting, please contact Support@GrowYourOwnVegetables.Org

19:01:03 From Lauren | GYOV Support Team to Everyone:

👋 Welcome, welcome! 😊 My name is Lauren and I'm your Support Team Member today. Let me know if you need anything!

19:01:21 From Kowanda to Everyone:

Hello! I'm from Alabama. I have not grown microgreens.

19:01:25 From rene gobeyn-ops to Everyone:

upstate NY

19:01:29 From wendymorris to Everyone:

From Texas. New to this and very interested. I am starting to do sprouting.

19:01:32 From Lauren | GYOV Support Team to Everyone:

Welcome back Kowanda!!!

19:01:38 From Sharon E Long to Everyone:

Michigan. No for microgreens

19:01:38 From Cindy Pickard to Everyone:

Saint Cloud MN. Never have grown micro greens

19:01:39 From Suzanne to Everyone:

London Ont, Canada

19:01:41 From Lauren | GYOV Support Team to Everyone:

Familiar names coming through!

19:01:43 From Marie Torres to Everyone:

Here from High Point, NC! I've grown about everything but micro greens.

19:01:45 From Janny. Ottawa, Canada to Everyone:

From Ottawa, Canada. I am failing with broccoli sprouts.

19:01:51 From Cherie to Everyone:

Hello. Cherie from Texas

19:01:52 From Randi Kraus to Everyone:

I am from Florida. Have not grown micro greens.

19:01:54 From Sally's iPad to Everyone:

Hello, I'm from Vancouver Canada

19:01:54 From wendymorris to Everyone:

Will we get a replay of this/





# Grow Microgreens Anywhere

19:01:54 From iPhone to Everyone:

From Cape Coral Florida

19:01:58 From Jamie to Everyone:

Hi! Jamie, from Knoxville, TN. My son and I have been growing microgreens for about a year. Selling at a farmers market.

19:01:59 From Robin Reid to Everyone:

Robin from Kamloops B.C. first time with micro greens.

19:01:59 From Katherine to Everyone:

Nevada, no micro greens experience

19:02:00 From Jane Urbanik to Everyone:

Hello! I'm from Lismore, NSW in Australia

19:02:06 From Jean to Everyone:

Hello from rural Arizona. I have grown a few microgreens.

19:02:14 From Thaya to Everyone:

Trying microgreen on clay pebbles today.

From Calgary, AB

19:02:16 From Lauren | GYOV Support Team to Everyone:

If you experience any difficulties connecting, please contact Support@GrowYourOwnVegetables.Org

19:02:18 From David to Everyone:

David from Knoxville TN

19:02:19 From Nancy S - Seattle, WA to Everyone:

Eager to learn in Seattle! My first attempt just failed spectacularly.

19:02:29 From Pam to Everyone:

I'm from Alberta, Canada. I have grown sprouts, but not microgreens.

19:02:48 From LuLu Zingalie-Adams to Everyone:

Kailua, Hawaii yes, been growing for several years now. Tks

19:02:48 From Maria Divina Arocena-Ibanez to Everyone:

From Manila, Philippines

19:02:50 From Marc Safran to Everyone:

Marc Safran, Long Island, NY

Yes, I have grown microgreens 2x

19:02:57 From iPhone to Everyone:

Hi

19:03:09 From Rick Allen to Everyone:

Trout Lake WA. New to micro-greens. Have a good warm solarium with space to grow.

19:03:24 From bob to Everyone:

Bob Westmost Tx

19:03:59 From Lauren | GYOV Support Team to Everyone:

🤔 Let's answer some Micro questions!

19:04:38 From iPhone to Everyone:

Any free seeds

19:04:52 From Lauren | GYOV Support Team to Everyone:

We don't have any free seeds, but we can recommend a few places to order from!

19:05:12 From iPhone to Everyone:

Ok

19:05:25 From Lauren | GYOV Support Team to Everyone:

My personal favorite are Pea Shoots!





# Grow Microgreens Anywhere

19:05:39 From Lauren | GYOV Support Team to Everyone:

Red Vein Sorrel is also gorgeous

19:05:46 From iPhone to Lauren | GYOV Support Team(Direct Message):

Me to

19:05:48 From wendymorris to Everyone:

What is the easiest of newbies.

19:06:30 From Lauren | GYOV Support Team to Everyone:

Crystal is LIVE from her Microgreen Grow Room tonight! She has pea shoots sitting next to her ;)

19:07:00 From Lauren | GYOV Support Team to Everyone:

Replies to "What is the easiest ..."

I believe Crystal is going to cover this for us!

19:07:08 From iPhone to Everyone:

Ok

19:11:37 From wendymorris to Everyone:

Do you buy the mix

19:12:48 From wendymorris to Everyone:

I heard gravel helps keep gnats away.

19:13:34 From Kowanda to Everyone:

I wonder if carnivorous plants, like a Venus Fly Trap, will help with pests.

19:13:45 From wendymorris to Everyone:

I thought you cook grow them in water?

19:15:31 From wendymorris to Everyone:

If you get it from a farmers market, should you clean it at home.

19:16:05 From Jamie to Everyone:

We use ProMix HP for our growing medium.

19:16:32 From Marie Torres to Everyone:

Yes! Grow room tour!

19:16:51 From Jane Urbanik to Everyone:

What liquid nutrient do you use?

19:19:21 From Janny. Ottawa, Canada to Everyone:

Are microgreens the same as sprouts?

19:20:07 From wendymorris to Everyone:

Do you just trim it to eat and it keeps growing or do you eat the whole thing including the seed part?

19:20:26 From Justin Lofton to Everyone:

I'M IN!!!

19:20:44 From Cameron to Everyone:

Celosia is edible? What is tetragonia?

19:20:54 From Lauren | GYOV Support Team to Everyone:

Replies to "I'M IN!!!"

Wahoo!! I'm so glad 😊

19:21:08 From Justin Lofton to Everyone:

Replies to "I'M IN!!!"





# Grow Microgreens Anywhere

19:21:41 From Cameron to Everyone:

So cool!

19:21:58 From wendymorris to Everyone:

IS she growing that rosemary inside in a basket?

19:22:06 From Sheila to Everyone:

Loved the tour. Your growing room is beautiful!

19:22:13 From Lauren | GYOV Support Team to Everyone:

Replies to "IS she growing that ..."

She is! Inside her grow room 😊

19:22:20 From Lauren | GYOV Support Team to Everyone:

Reacted to "Loved the tour. You..." with 🌿

19:22:34 From wendymorris to Everyone:

Does it like the humidity. I am in Texas

19:23:02 From Nancy S - Seattle, WA to Everyone:

Reacted to "Loved the tour. You..." with 🌿

19:23:15 From Cameron to Everyone:

Thanks for explaining. I was curious how you sold a chef on tetragonia, but it was a request.

19:24:15 From wendymorris to Everyone:

They do better in cooler temperatures?

19:24:35 From Jamie to Everyone:

For months, we grew without any mold issues. Now we're dealing with white mold every growing cycle. We sanitize our trays with either ozone water or vinegar. Do you ever need to do a big sanitization of your grow room? If so, what methods do you use?

19:25:28 From LuLu Zingalie-Adams to Everyone:

I am also getting mold now, after many years of success, not sure what the heck is going on...

19:26:53 From wendymorris to Everyone:

Replies to "I'm from Alberta, Ca..."

Do you have good experience with sprouts. I am trying that now. Would love to get together with you if you like.

19:27:26 From wendymorris to Everyone:

Replies to "I'm from Alberta, Ca..."

I have a mix of seeds starting to sprout and wondering when it the time to eat them?

19:29:43 From Lauren | GYOV Support Team to Everyone:

🌿 We're about to jump into the Q&A section - right after Crystal shares about her Microgreens Course 😊 You can also learn more here: <https://growyourownvegetables.org/microgreens-micro/>

19:30:35 From Lauren | GYOV Support Team to Everyone:

Almost time for Microgreen Q&A! Wahoo!

19:30:51 From Jamie to Everyone:

Replies to "What is the easiest ..."

For us, pea shoots are the easiest to grow.

19:30:56 From Lauren | GYOV Support Team to Everyone:

Sneak Peek! <https://growyourownvegetables.org/mgmc-sneak-peek/>

19:31:14 From Cameron to Everyone:

Does the course talk troubleshooting and good places to buy quality seed or products?

19:31:44 From Lauren | GYOV Support Team to Everyone:





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Replies to "Does the course talk..."

Yes! You get a supply list alongside the lessons

19:32:07 From Cameron to Everyone:

Replies to "Does the course talk..."

Thanks!

19:32:09 From Lauren | GYOV Support Team to Everyone:

Time for Q&A! 😊

19:33:15 From Jamie to Everyone:

Mumms Sprouting Seeds has all organic seeds.

19:33:45 From Lauren | GYOV Support Team to Everyone:

Johnny's Seeds (<https://www.johnnyseeds.com/>)

Mountain Rose Herbs (<https://mountainroseherbs.com/>)

True Leaf Market (<https://www.trueleafmarket.com/>)

Strictly Medicinal (<https://strictlymedicinalseeds.com/>)

Mumm's (for Canadians: <https://sprouting.com/>)

19:33:56 From Pam to Everyone:

I get my sprout seeds from Mumm's. Great variety!

19:34:04 From Sharon E Long to Everyone:

Can you list the suppliers in the chat? Cannot hear the names clearly.

19:34:22 From Lauren | GYOV Support Team to Everyone:

Johnny's Seeds (<https://www.johnnyseeds.com/>)

Mountain Rose Herbs (<https://mountainroseherbs.com/>)

True Leaf Market (<https://www.trueleafmarket.com/>)

Strictly Medicinal (<https://strictlymedicinalseeds.com/>)

Mumm's (for Canadians!: <https://sprouting.com/>)

19:34:26 From Pam to Everyone:

Mumm's is in Canada

19:34:33 From Lauren | GYOV Support Team to Everyone:

Replies to "Mumm's is in Canada" with 🌿

19:35:11 From Lauren | GYOV Support Team to Everyone:

Replies to "Mumm's is in Canada"

Thank you for this suggestion!

19:35:16 From Jamie to Everyone:

Mumms also ships to the US, just takes a couple of weeks.

19:35:39 From Lauren | GYOV Support Team to Everyone:

Replies to "Mumms also ships to ..."

Awesome!! Thank you for sharing!

19:37:07 From Justin Lofton to Everyone:

Coco peat?

19:39:28 From Marc Safran to Everyone:

Question: When you talk about contamination, is the primary concern for the health of the plants, or health concerns for people who consume them...or, both?

19:40:28 From Kowanda to Everyone:





# Grow Microgreens Anywhere

I love show and tell!

19:40:39 From Justin Lofton to Everyone:

This is incredible!

19:40:42 From Nancy S - Seattle, WA to Everyone:

Reacted to "This is incredible!" with

19:40:42 From Thalia Rain to Everyone:

yes, very nice to see this!

19:40:43 From Kowanda to Everyone:

I love learning from Crystal as well. :)

19:40:47 From Marc Safran to Everyone:

Reacted to "This is incredible!" with

19:40:47 From Cameron to Everyone:

Likely likey:)

19:40:49 From Jane Urbanik to Everyone:

Loving it! Thank you!

19:41:00 From Nancy S - Seattle, WA to Everyone:

Reacted to "I love show and tell..." with

19:41:04 From Katherine to Everyone:

Yes please do more of these this is great

19:41:19 From Marc Safran to Everyone:

Yup! Show & tell is great!!

19:41:29 From Lauren | GYOV Support Team to Everyone:

Reacted to "I love show and tell..." with

19:41:32 From Lauren | GYOV Support Team to Everyone:

Reacted to "This is incredible!" with

19:41:38 From Lauren | GYOV Support Team to Everyone:

Reacted to "I love learning from..." with

19:41:39 From Nancy S - Seattle, WA to Everyone:

Reacted to "I love learning from..." with

19:41:43 From Lauren | GYOV Support Team to Everyone:

Reacted to "Yes please do more o..." with

19:41:51 From Nancy S - Seattle, WA to Everyone:

Reacted to "I love learning from..." with

19:42:18 From Nancy S - Seattle, WA to Everyone:

Reacted to "Yup! Show & tell is ..." with

19:42:22 From Nancy S - Seattle, WA to Everyone:

Reacted to "Yes please do more o..." with

19:42:33 From Sheila to Everyone:

I, too, love the show and tell. Crystal and Lauren; you're great. Thank You!

19:42:35 From Nancy S - Seattle, WA to Everyone:

Reacted to "Likely likey:)" with

19:42:58 From Lauren | GYOV Support Team to Everyone:

Replying to "I, too, love the sho..."





# Grow Microgreens Anywhere

Thank you Sheila 

19:42:59 From Nancy S - Seattle, WA to Everyone:

Reacted to "I, too, love the show..." with 

19:43:09 From wendymorris to Everyone:

is it a silicone

19:45:14 From Kowanda to Everyone:

Lighting?

19:46:02 From Rick Allen to Everyone:

<https://www.bootstrapfarmer.com>

19:46:28 From Kowanda to Everyone:

Bootstrap Farmer has purple trays! My favorite color. :)

19:46:39 From Nancy S - Seattle, WA to Everyone:

Reacted to "Bootstrap Farmer has..." with 

19:46:49 From Nancy S - Seattle, WA to Everyone:

Reacted to "Bootstrap Farmer has..." with 

19:48:16 From Lauren | GYOV Support Team to Everyone:

Bootstrap Farmer Goodies!

[1020 EXTRA STRENGTH TRAYS](https://shrs1.com/4b4r6) (<https://shrs1.com/4b4r6>)

[5X5 GROW TRAYS - EXTRA STRENGTH INSERTS](https://shrs1.com/41bdy) (<https://shrs1.com/41bdy>)

[1020 HUMIDITY DOME | 2.5"](http://shrs1.com/4b5vr) (<http://shrs1.com/4b5vr>)

19:49:42 From Lauren | GYOV Support Team to Everyone:

Eye health is important!!

19:51:56 From Rick Allen to Everyone:

source for strip lights? specific bulbs?

19:52:35 From Justin Lofton to Everyone:

Any go to company on the lighting for her?

19:53:40 From Cherie to Everyone:

When do you use the domes?

19:53:52 From Lauren | GYOV Support Team to Everyone:

<https://vivosun.com/>

19:53:56 From LuLu Zingalie-Adams to Everyone:

why have a clear dome? I thought you only covered the seeds to germinate....

19:54:08 From LuLu Zingalie-Adams to Everyone:

to keep them in the dark....

19:54:31 From Rick Allen to Everyone:

<https://www.sunblasterlighting.com>

19:54:41 From wendymorris to Everyone:

What is she drinking? Tea?

19:55:19 From Lauren | GYOV Support Team to Everyone:

Replying to "What is she drinking..."

I think so, yes! Or trace mineral drink

19:55:28 From Lauren | GYOV Support Team to Everyone:





# Grow Microgreens Anywhere

Replies to "https://www.sunblast..."

Thanks Rick!

19:55:34 From LuLu Zingalie-Adams to Everyone:

what do you mean by substrate? I use potting mix, isn't that soil?

19:56:39 From Nancy S - Seattle, WA to Everyone:

Replied to "what do you mean by ..." with

19:56:59 From Mags Smith to Everyone:

Replied to "what do you mean by ..." with

19:57:02 From Maria Divina Arocena-Ibanez to Everyone:

Any recommendations for beginner like me, i want to grow microgreens outdoor

19:57:06 From Jane Urbanik to Everyone:

What liquid nutrient and when would you apply it and how much?

19:57:06 From Lauren | GYOV Support Team to Everyone:

Figgy is a cute name!

19:57:55 From Mags Smith to Everyone:

As a newbie iM not sure what substeate is

19:58:15 From Lauren | GYOV Support Team to Everyone:

More Q&A to come - sharing about Crystal's Microgreen course quickly (it's on sale right now!) 😊 <https://growyourownvegetables.org/microgreens-micro/>

19:58:27 From Kowanda to Everyone:

I love spending time with GYOV!

19:58:30 From Marc Safran to Everyone:

Question: When you suggest not using soil, what about good quality, clean potting soil?

19:58:47 From Lauren | GYOV Support Team to Everyone:

We love hanging out with you @Kowanda! You're such a joy

19:59:03 From Blake to Everyone:

Good evening folks!

19:59:09 From Lauren | GYOV Support Team to Everyone:

Good evening, Blake!

19:59:29 From Debbie to Everyone:

I am in Australia - would the supply list in the course be still helpful for me?

20:00:07 From Rick Allen to Everyone:

Doing courses together and answering questions is a SUPER IDEA.

20:00:09 From Lauren | GYOV Support Team to Everyone:

Replied to "I am in Australia - ..."

Yes - it will give you what to look for and what you need, but you'll need to find Australian suppliers. Lucky micro greens are very popular, so it will be easy to find!

20:00:28 From Lauren | GYOV Support Team to Everyone:

Replied to "Doing courses toget..."

We're so glad you think so! We think it will be fun with new and past students 😊

20:00:38 From Robin Reid to Everyone:

Thank you! I have to leave but really enjoyed the content and Crystal's presentation.

20:00:43 From Debbie to Everyone:





# Grow Microgreens Anywhere

Thank you.

20:00:49 From Lauren | GYOV Support Team to Everyone:

Reacted to "Thank you! I have to..." with

20:01:29 From Lauren | GYOV Support Team to Everyone:

 Learn more about the Microgreens Micro Course (on sale now!) here: <https://growyourownvegetables.org/microgreens-micro/>

20:02:49 From Thalia Rain to Everyone:

Can we download all the materials or will we have to access the course online (for a lifetime)?

20:03:04 From Blake to Everyone:

Greetings! What are micro greens? Or is it still time to plant all type of greens including spinach?

20:05:16 From Kowanda to Everyone:

Sounds like sprouts and not microgreens.

20:06:37 From Marc Safran to Everyone:

Question: So if I use coco coir, I have rehydrated the bricks...and maybe have stored the rehydrated coc coir outside in a bucket... that is certainly not sterile???

20:06:40 From Kowanda to Everyone:

yum!

20:06:44 From Lauren | GYOV Support Team to Everyone:

I LOVE THAT SOUP SO MUCH

20:06:58 From Lauren | GYOV Support Team to Everyone:

It's the best time of year!

20:08:07 From Kowanda to Everyone:

Do you think you can dehydrate or freeze dry microgreens?

20:08:54 From Jane Urbanik to Everyone:

Green smoothie bowl!

20:08:57 From Rick Allen to Everyone:

Gotta leave to help my wife. Thanks for info, putting references in chats and recording for later review. Looking forward to online doing this and other courses together. Keep me posted.

20:09:15 From Lauren | GYOV Support Team to Everyone:

Replying to "Gotta leave to help ..."

Tell your wife hello for us! Good to see you in the chat

20:12:34 From Rick Allen to Everyone:

Do you think you can dehydrate or freeze dry microgreens?

20:15:28 From Jane Urbanik to Everyone:

When/ why use a dome?

20:15:49 From pj to Everyone:

Replying to "Do you think you can..."

My understanding is Freeze drying would preserve the nutrition even better than dehydrating. :-)

20:18:18 From Christine to Everyone:

yes, just sunlight through windows

20:18:29 From Renée Avilés to Everyone:

What about the use of fans? Are the necessary?

20:18:51 From Christine to Everyone:

perfect, thank you





# Grow Microgreens Anywhere

20:23:43 From Lauren | GYOV Support Team to Everyone:

Fox Farm Liquid Nutrients (Crystal uses the "Kelp Me Kelp You"

20:24:12 From Lauren | GYOV Support Team to Everyone:

Rapid Fire Questions!

20:24:18 From Sheila to Everyone:

I have to go but truly enjoyed this presentation Thank You

20:25:04 From Kowanda to Everyone:

I have to try that!

20:26:09 From Dennis Gyorkos to Everyone:

How do you evenly spread small seed

20:26:12 From Blake to Everyone:

Is there still time to plant sunflowers and sweet corn in zone six?

20:29:10 From Kowanda to Everyone:

Thank you so much! I have to take care of the dog. :)

20:29:12 From Rose to Everyone:

thanks for this great presentation 

20:30:48 From iPhone to Everyone:

Hi

20:31:20 From Lauren | GYOV Support Team to Everyone:

Replying to "Thank you so much! ..."

Bye Kowanda!! Loved seeing you 😊

20:31:34 From Jane Urbanik to Everyone:

Sorry for not having my camera on. In pyjamas 😅

20:31:44 From Lauren | GYOV Support Team to Everyone:

Remember you can watch the Microgreens Course 'sneak peek' here: <https://growyourownvegetables.org/mgmc-sneak-peek/>

20:31:50 From Nancy S - Seattle, WA to Everyone:

Reacted to "Remember you can wat..." with 

20:31:55 From Nancy S - Seattle, WA to Everyone:

Removed a  reaction from "Remember you can wat..."

20:32:05 From Nancy S - Seattle, WA to Everyone:

Reacted to "Sorry for not having..." with 

20:32:25 From iPhone to Everyone:

Ok

20:32:37 From Lauren | GYOV Support Team to Everyone:

WOWZA Thank you Crystal!!!!

20:32:41 From Cindy Pickard to Everyone:

Thank you!

20:32:43 From Thalia Rain to Everyone:

thanks Crystal

20:32:46 From James Flach to Everyone:

Thank you so much

20:32:47 From Renée Avilés to Everyone:

Thank you!





# Grow Microgreens Anywhere

20:32:51 From Lauren | GYOV Support Team to Everyone:



Learn more about the Microgreens Micro Course (on sale now!) here: <https://growyourownvegetables.org/microgreens-micro/>

20:32:51 From Sharon E Long to Everyone:

thank you - so much information.!!

20:32:52 From Debbie to Everyone:

Thank you - so very enjoyable

20:33:00 From Justin Lofton to Everyone:

Love it!

20:33:00 From iPhone to Everyone:

Thank you great class

20:33:04 From Jane Urbanik to Everyone:

Thank you so much!

20:33:14 From linda murphy to Everyone:

thank you, that was excellent.

20:33:16 From Dori to Everyone:

Many Thanks! Awesome presentation!

20:33:19 From iPhone to Everyone:

Thank you great class

20:33:21 From Maria Divina Arocena-Ibanez to Everyone:

Thanks a lot

20:33:23 From Jean to Everyone:

Thank you. Great presentation. I bought the course.

20:33:31 From Nancy S - Seattle, WA to Everyone:

Crystal, WOW! You rock! SO much info & expertise!

20:33:36 From Christine to Everyone:

Thank you soooooooooo much for sharing

20:33:38 From Tomo G to Everyone:

Thank you so much!

20:33:53 From Lauren | GYOV Support Team to Everyone:

This was so much fun!

20:33:56 From Marc Safran to Everyone:

Thank you, thank you!! 😊

20:34:06 From Michelle Cardenas to Everyone:

Thank you 😊

20:34:08 From Dennis Gyorkos to Everyone:

Thank you 😊

20:34:11 From iPhone to Everyone:

Free seeds

