

Wonder  
Project

## Plant Challenge

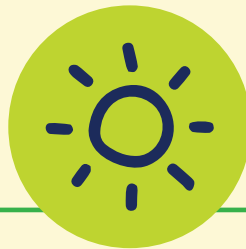
### From seed to harvest

Make sure your  
microgreens are  
on track with this  
growth timeline.

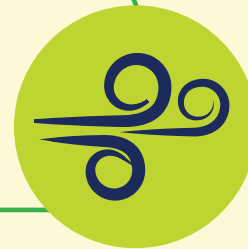
Remember!  
Plants only need  
three things to live:



Water



Light



Air

#### Day 1

Sow seeds and  
cover with lid

**Tip:** Remember to spray your  
microgreens with water every  
day and last thing on a Friday!

#### Day 3–5

##### Microgreens start to sprout

Make sure you take off the lid once  
a lot of the seeds have germinated.

##### Days to germinate:

- **Mizuna:** 2 – 3 days
- **Radish:** 2 – 3 days
- **Rocket:** 3 – 4 days
- **Basil:** 3 – 5 days
- **Beetroot:** 3 – 5 days

#### Day 7

Transfer to  
grow house

#### Day 7

##### Add nutrients

You will do this in  
your second trial.

#### Day 14–20

##### Harvest your microgreens

Microgreens are ready to harvest  
when two true leaves form, or  
they're around 5 – 7cm tall.