



# Microgreens Grow Along

## Get growing indoors with microgreens!

Join our FREE online program any day you choose and you'll be eating healthy and tasty microgreens in 14 days! Select a start date where you'll be able to check your microgreens every day.

Visit this link for a daily lesson with how-to videos and tips and an optional private online sharing group: <https://beav.es/Ubj>.

Also, starting February 1st, you can grow along with the Food Hero team as they start their 14-day growing period. Follow along on Food Hero social media or join the *Grow This!* challenge for an email reminder: <https://foodhero.org/growthis>.



## Questions?

Brooke Edmunds, OSU Extension, [brooke.edmunds@oregonstate.edu](mailto:brooke.edmunds@oregonstate.edu)  
or Food Hero, [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu)



**Oregon State University**  
**Extension Service**  
**Master Gardener™**

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.  
©2021 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.