



## Microgreen club

**Name of the event:** Production of mustard microgreen

**Date:** 20-03-2024

**Venue:** Crop Physiology and Biochemistry Laboratory (S308)

Number of students participated: 25

### Objective of the event:

- ❖ Mustard microgreens are rich in vitamins, minerals, and antioxidants, including vitamins A, C, and K, as well as folate, calcium, potassium, and iron.
- ❖ Consuming mustard microgreens can contribute to a balanced diet and provide a nutrient boost, particularly for individuals seeking to increase their intake of essential nutrients.

### Materials Needed:

- Mustard seeds (you can find specific mustard microgreen seeds or use regular mustard seeds from the spice aisle)
- Planting tray or shallow container with drainage holes
- Organic potting soil or seed starting mix
- Spray bottle for watering
- Plastic wrap or humidity dome (optional but helpful)
- Water

### Preparation:

Rinse the mustard seeds under running water to clean them.

Soak the mustard seeds in water for about 8-12 hours. This aids in germination.

## **Planting:**

Fill the planting tray or shallow container with a thin layer (about 1-2 inches) of moistened potting soil or seed starting mix.

Spread the soaked mustard seeds evenly over the soil surface. Aim for a dense but not overcrowded layer of seeds.

Gently press the seeds into the soil to ensure good contact.

## **Germination:**

Place the tray in a warm, well-lit location, away from direct sunlight. A temperature range of 70-75°F (21-24°C) is ideal.

Keep the soil consistently moist by misting it regularly with a spray bottle. Avoid overwatering, as this can lead to mold or rot.

## **Growing:**

As the mustard seeds germinate and grow, continue to mist them to keep the soil moist.

After a few days, once the seedlings have emerged and are about 1-2 inches tall, you can remove any covering you've used for humidity.

Continue providing adequate light and moisture. Mustard microgreens typically mature in about 7-10 days.

## **Harvesting:**

When the mustard microgreens have grown to the desired height (usually around 2-3 inches), they are ready to harvest.

Use clean scissors to cut the microgreens just above the soil line. Avoid pulling them out by the roots.

Rinse the harvested mustard microgreens under cold water to remove any soil or debris.

**Photos of the event:**



**Fig: 1 Preparation of coco peat beds mustard seed**



**Fig: Providing proper moisture to germinate microgreens.**



**Fig: 3** Sowing of mustard seed in coco peat trays by club members.

## **List of students participated**

Sr N	ID Number	Students Name
1	2300620001	AKULA DIVYA
2	2300620003	AMRUTHALURI KARTHIK
3	2300620007	BODEPUDI ASRITHA
4	2300620013	DONTHA SRI ADITHYA LAKSHMI
5	2300620017	GAVINI SESHAMARUTHI KUMAR
6	2300620018	GOPISETTY DANIEL PRABHAKAR
7	2300620021	ITTADI BHAVANI SHANKAR
8	2300620026	KOKKILIGADDA SRAVANI
9	2300620027	KOLLI PARA GNANA SIVA NAGA VIGANA VENKATA SARANI
10	2300620030	KOTHAPALLI JASWANTH
11	2300620031	KURRE VIJAYENDRA NAGAMOULI
12	2300620032	MAJJI MEENAKSHI
13	2300620033	MANDHADAPU JOSHITHA
14	2300620034	METTA SAI SURYA
15	2300620036	VARSHITH REDDY N R
16	2300620037	NALAJALA SAMBA SIVA RAO
17	2300620038	JAYTEJ NANDIGAM
18	2300620039	NANDHYALA DHARANI LAKSHMI
19	2300620040	NASREEN FATHIMA
20	2300620042	PAMULAPATI RUPA SRI
21	2300620043	PARVATHANENI SAI MONIKA
22	2300620045	RAGHUPATI HEMASRI
23	2300620048	SAMMANA SARATH
24	2300620052	SHAIK SHARMILA
25	2300620055	UDAYAGIRI DURGA MALLESHWAR

**Club In charge**

**HOD**