



# 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. Subscribe here for a daily email during our February Grow Along! <https://foodhero.org/microgreens-workshop>.



## Questions?

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**Extension Service**  
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