

## **Course Title: Micro greens: The Art and Science of Micro Greens**

**Course Outline: [36 Hours]**

### **Module 1: Introduction to Microgreens (3 Hours)**

- What are Microgreens?
- Definition, types, and benefits
- Educational Importance
- Integrating microgreens into school curricula
- Practical Session: Introduction to basic cultivation

### **Module 2: Basics of Microgreen Cultivation (5 Hours)**

- Growing Requirements
- Light, temperature, humidity
- Seeds and Varieties
- Popular microgreens (Pea, Mustard, chia, Basil etc.)
- Growing Mediums and Equipment
- Soil vs. hydroponic systems, necessary tools
- Practical Session: Setting up growth trays, planting seeds

### **Module 3: Care, Maintenance, and Harvesting (5 Hours)**

- Watering, Lighting, and Care
- Proper care techniques
- Harvesting and Storage
- Techniques for harvesting and storing microgreens
- Practical Session: Hands-on care and harvesting

### **Module 4: Culinary and Nutritional Applications (5 Hours)**

- Nutritional Benefits
- Understanding the nutritional value of microgreens
- Cooking with Microgreens
- Incorporating them into meals
- Practical Session: Simple recipes and cooking demonstrations

### **Module 5: Community Engagement and Teaching (5 Hours)**

- Teaching Microgreens in Schools
- Activities, and projects for students
- Organizing workshops for parents and community members
- Practical Session: Developing and practicing educational activities

### **Module 6: Sustainability and Environmental Impact (3 Hours)**

- Sustainable Gardening Practices
- Benefits of urban agriculture and microgreens
- Resource Efficiency
- Minimal water and space requirements
- Practical Session: Planning a small sustainable garden

### **Module 7: Project and Outreach Planning (5 Hours)**

- Designing a Microgreens Project
- For schools and communities
- Outreach Strategies
- Engaging students and families
- Practical Session: Project proposal and implementation planning

### **Module 8: Reflection and Sharing (5 Hours)**

- Experience Sharing
- Reflecting on the internship and outreach activities
- Evaluation and Feedback
- Assessing the impact on students and the community
- Final Presentation: Sharing experiences and project outcomes

### **Assessment and Certification:**

- Project Work: Implementing a microgreens project in a school or community setting, including documentation and reflection.
- Outreach Activity: Conducting a workshop or presentation on microgreens.
- Certificate of Completion: Awarded upon successful completion of the course and community engagement activities.