

## Cilantro Grow-A-Long

(From Larry J Hountz Facebook February 18- March 10, 2018)

Been getting a lot questions about Cilantro so we will be doing a Grow-A-Long starting Monday Feb 19th. We soak the seeds for 12 hours only, rinsing very well before an after soaking. We use CILANTRO SEEDS - SLOW BOLT not splits. Its a little hard to get it figured out (odd growth patterns), but once you find that sweet spot every tray is a SNAP - as you can see from the photos

[Kathy Shay-Shapiro](#) Is the seed shell edible? Or do she remove them?

[Larry J Hountz](#) We leave them on all our clients love the crunch and the added flavor, an easy way to remove seed hulls is to take a damp paper towel and gently brush the top of the microgreens this removes most of them



**Day 1 of the cilantro Grow-A-Long**, rinse the seeds really well and soak for 12 hours we use CILANTRO SEEDS - SLOW BOLT - from TrueLeaf (Mountain Valley). Cilantro is a little more involved than any other microgreen, we don't stick to our rules of watering for these micro so follow the step very carefully and it will work as in the 3rd photo. Cilantro is also very similar to bulls blood and chard growing methods. 2 cups of dry seeds per green tray



## Day 2 of the Cilantro Grow-A-Long.

We seed wet seeds a little differently than dry seeds, we rinse the seed really well after 12 hours of soaking in cold water, adding 1/4 cup of Hydrogen Peroxide into the last rinsing. We seed wet. Place the bamboo in the tray. Give it a nice spraying of Hydrogen Peroxide, lay the moist pads on the bamboo (that have been soaked 24/48 hrs). Now place a hand full of seeds on each pad, then spread them around so as to cover the pads. Next give them a nice misting of water and a generous misting of the lid as well cover and on the germination rack. We seed before our daily watering (we water once a day) so as on the first day the seeds get a nice watering insuring great germination.



### Day 3 of the Cilantro Grow-A-Long

A nice misting, don't forget the lid and back on the germination rack. The lid should be moist from the day before and a little water may have started to build up in the bottom of the tray. It's ok as long as the pads are not touching the water. We will be post pdfs of all the Grow-A-Longs on our website <https://www.city-hydro.com/training> and making a story book film to post on our youtube channel as they are completed. We have about 12 in the works



[Daniel Kim](#) Only mist once a day? Is that for all microgreens?

[Larry J Hountz](#) Yep only once a day for all micros

### **Day 4 of the Cilantro Grow-A-Long**

A nice misting, don't forget the lid and back on the germination rack. I know a little boring but just wait the fun is coming



### **Day 5 of the Cilantro Grow-A-Long**

A nice misting, don't forget the lid and back on the germination rack. Kinda dull brown looking but give it time.... A little water is building up in the bottom of the tray this is OK as long as its not touching the mat



TGIF 😊;-) **Day 6 of the Cilantro Grow-A-Long**

A nice misting, don't forget the lid and back on the germination rack. Seeds are starting to plump up should start to sprout Monday



### **Day 7 of the Cilantro Grow-A-Long**

A nice misting, don't forget the lid and back on the germination rack. A few seeds are starting to sprout soon the tray will be full of little sprouts...



### Day 8 of the Cilantro Grow-A-Long

And you thought you had Sundays off 😊;-) Today there is LIFE little white sprouts starting to pop! Soon the real fun will start. A nice misting and back on the germination rack don't forget the lid. The lid should be moist from the day before if its not you are not misting enough...



### **Day 9 of the Cilantro Grow-A-Long**

A good misting and don't forget the lid, back on the germination rack. A few more sprouts today another 5 days +/- and it will go under the lights then the fun begins. Forget all the rules when it come to Cilantro is a whole new ball game....



### Day 10 of the Cilantro Grow-A-Long

A good misting and don't forget the lid, back on the germination rack. What a day, but can't forget the micros. Even for just one day and you could lose everything. Starting to see more and more sprouts



### **Day 11 of the Cilantro Grow-A-Long**

A good misting and don't forget the lid, back on the germination rack. Starting to see more and more sprouts



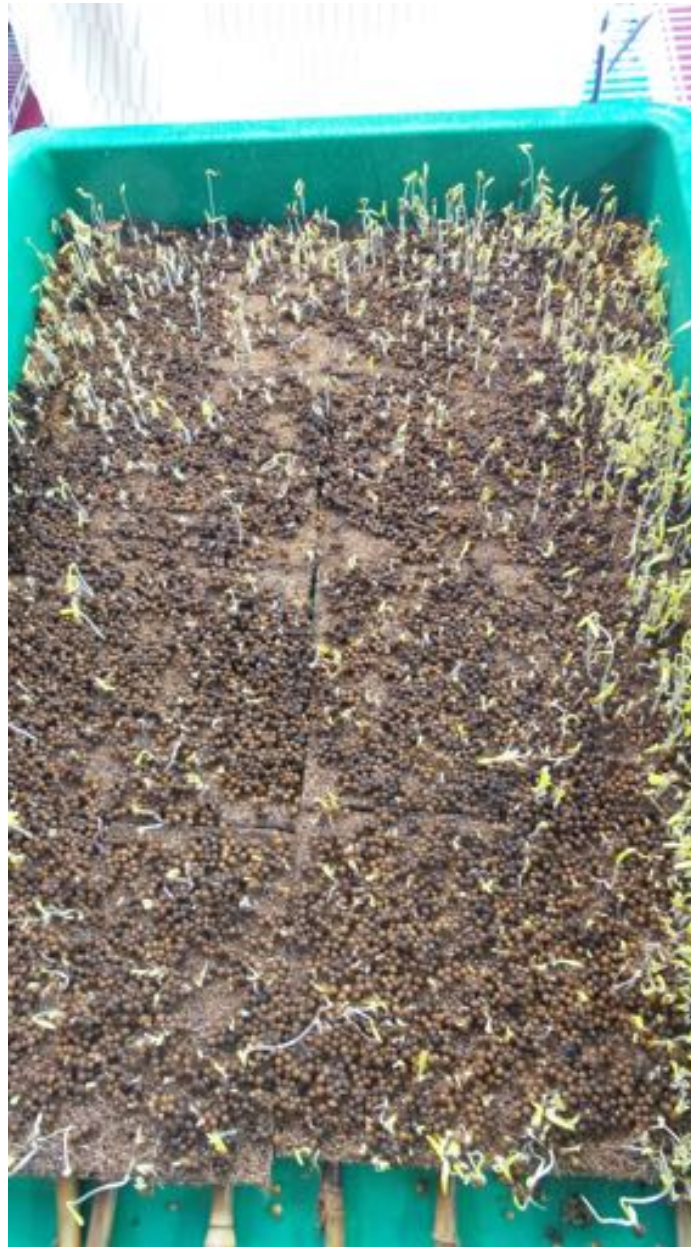
### **Day 12 of the Cilantro Grow-A-Long**

A good misting and don't forget the lid, back on the germination rack. There is LIFE more and more sprouts, remember Cilantro is like no other microgreens when it comes to having an AWESOME crop



### **Day 13 of the Cilantro Grow-A-Long**

A good misting and don't forget the lid, back on the germination rack. We will be pulling this in about 2 days, with Cilantro 50%+ of the seeds will not have popped they will pop under the lights, when the tray is pulled it will look like a bad hair cut, but with a little TLC it will fill in nicely. Like I said everything that we teach about water and caring for the standard micro is out the window with Cilantro



[Lita Rodgers Wallace](#) Looks pretty scary. It's a good thing you are coaching us through this one.

[Larry J Hountz](#) It took me a few times to get it right, but now every tray comes out, its has a little bit if a learning curve but we are here to help you ;-)

[Daniel Kim](#) Day 11 going strong here Larry.

When do you consider using usb fans? Do they reduce chance of mold? Our grow room doesn't have great ventilation.



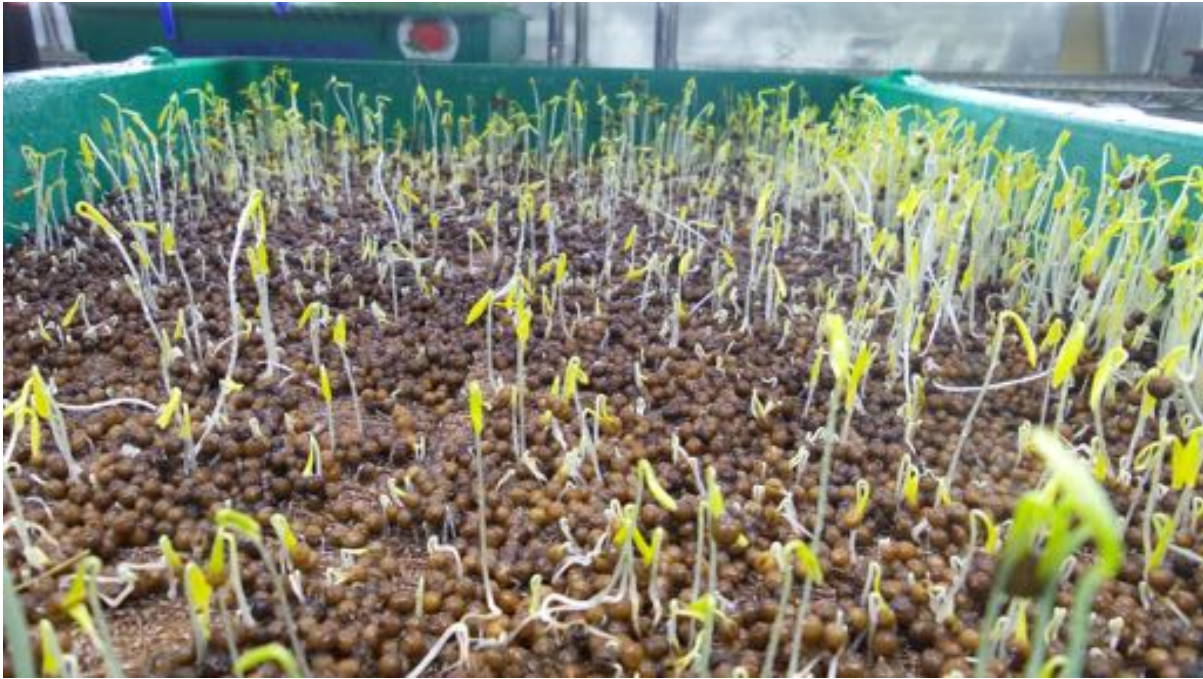
[Larry J Hountz](#) [Daniel Kim](#) I don't use fans, mold issues are do to over watering, environmental and sometimes on the seeds when you get them. Its better to fix these issues then to add fans that will dry out the microgreens and push the mold spores around the room, infecting other trays. When I have mold every blue moon its from either over water (not following my own process being into much of a rush) or it came in on the seeds. If its on the seeds I have several PURE growers who have the same issue and have contacted me hope this helps. Great question

[Lita Rodgers Wallace](#) Are we talking about the sprouting phase here? You do use fans when they are under the lights?

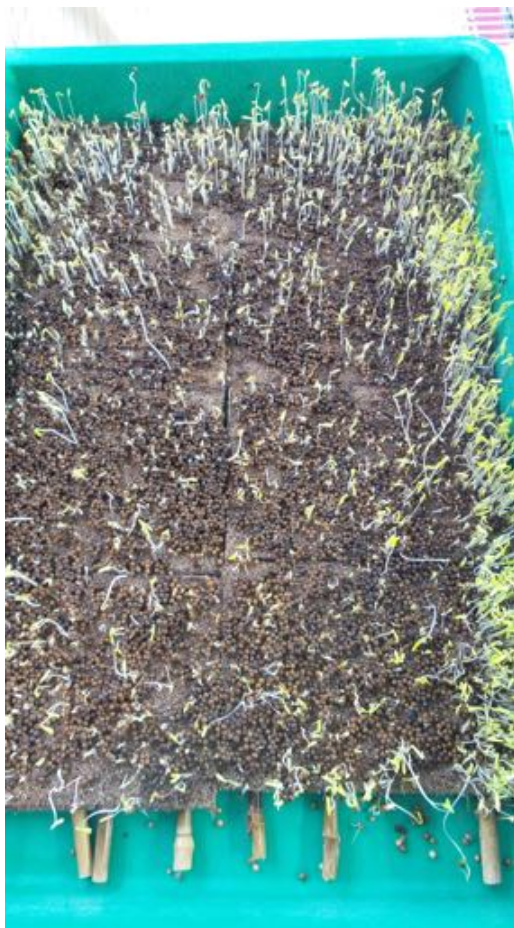
[Larry J Hountz](#) [Lita Rodgers Wallace](#) we never use fans, the fans you see in some of the older photos were from when we had lettuces and they were used to exercise the lettuce so as they would grow bigger faster, they have been since removed.

### Day 14 of the Cilantro Grow-A-Long

Now the fun starts 😊;-) out of germination, about 65% of the seeds have popped looks like a bad hair cut, this is Cilantro, but it will look AWESOME always does, can't tell you how many times I tossed it until I started giving it a little more TLC and developed this method. So a nice FINE misting (FINE misting) and about a cup of water in the



bottom of the tray and UNDER the lights, Our ROGAINÉ® works . I know lots of folks say this and that microgreen doesn't work on cocofiber I have yet to find one 😊;-)



**Sebastian Denton** Where do you get your seeds and are they organic?

**Larry J Hountz** Mountain Valley [True Leaf Market](#) CILANTRO SEEDS - SLOW BOLT

**Robin Bashon** About how long does cilantro take from soak til harvest?

**Larry J Hountz** 18+- days

**Michael Ronin** How many days after starting this one would you start another to be able to keep consistent production for a buyer?

**Larry J Hountz** We only have standing orders we do not do fresh sheets/product list or backdoor sales to clients. Rule of thumb one onsite at the client, one in germination and one in vegetative for every tray of the standing order. Example: I have a client that takes 6 trays a week of 6 pads cilantro and 2 pads of nasturtium in each tray. Thus I have 6 trays of cilantro in germination, 6 trays in vegetative and 6 trays at the client of cilantro, I have one tray of nasturtiums in each stage as well. For farmers markets I do the same 1 tray in germination 1 tray in vegetative and one I want to sell at the market . I also always have 1 tray of every other tray I sell in germination or just going into vegetative for those trays that might have issues or for those last minute orders. Also when trays are 24 hours from coming out of germination I soak the seeds that need to be soaked then so as to have new trays being built the same day as they go under the lights. Hope this makes sense, key to a successful microgreens business is never running out, chef/clients hate it when you call the day of deliveries and say Chef I am SO SORRY yada yada yada, one time maybe 2nd time your OUT -great question

**Michael Ronin** Thanks for that follow up, excellent service has to have the product ready when promised!

**Ray Poarch** Great information and great question from [Michael Ronin](#)

**Linda Donato** Very difficult starting out then..... I am scared and i will try .....God help me.

**Kuba Szlachowski** Day 12. I have put them under the light a few days earlier (I am scared of mold while having trays covered for too long time). I should sow more dense.







[Kuba Szlachowski](#)



[Larry J Hountz](#) yes you should seed more dense and add 2 more bamboo stick under the pads so they don't sag into the water are flat

[Linda Donato](#) Larry says we only soak cilantro, peas, sunflower. Bulls blood, nasturtium, chard....but you don't grow chard right. Do you have to seed all them dense? And give them more tlc. Mist and cup water. Im trying to learn allthis stuff an watch the bachelor too

[Larry J Hountz](#) I grow chard once in a blue moon we seed everything dense but nasturtium and borage we will be doing those 2 grow-a-longs soon

[Linda Donato](#) Thank you

### Day 15 of the Cilantro Grow-A-Long,

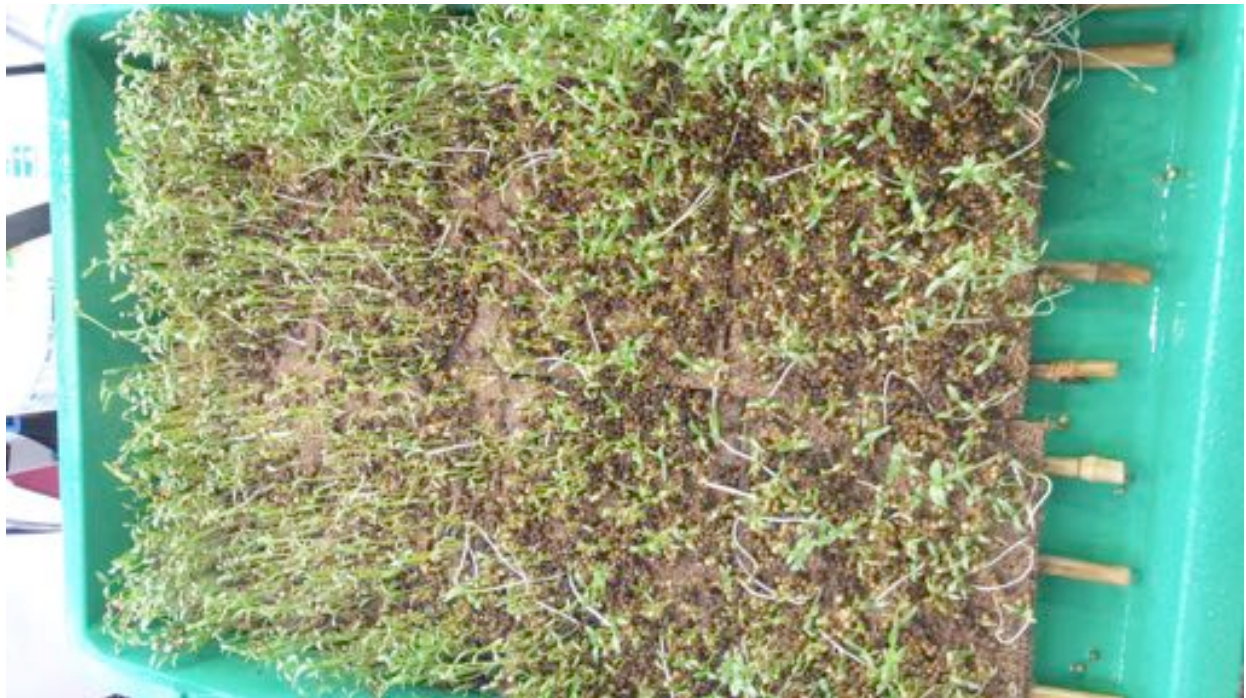
Things are starting to happen tray is starting to fill in nicely soon the tray will look like a sea of green, HAVE FAITH CILANTRO DOES GROW ON COCO FIBER, FYI most health food departments will ding a kitchen for having SOIL in their operation, a health inspector can shut them down for soil. Was a Chef for 15+ years been there... 😊;-)



(before I was a computer misting about 2 8-10 then about 1 cup of water in the bottom pad.... remember cilantro.



security geek) - A nice seconds of a FINE MIST water in the bottom the should be 1/4 in from the different rules for



**Charles Smith** Hi Larry! I think I recall that the coco fiber padding uses rubber for a binder. Have you had any issues with people who have latex allergies either working with the pads, or eating microgreens that are grown on the pads? Thank you

**Larry J Hountz** No we wash most of the tree gum out of the pads before using them

**Linda Donato** Making notes. Remembering no cilantro for italian restaurants. Is that correct?

**Larry J Hountz** Now that could be wrong some use it their meatball but as a general rule its best to pick your microgreen sample tray to suite the restaurant

**Linda Donato** Thank you

**Margaret Gail Tyree** Generally speaking, Cilantro for Spanish and Asian restaurants.

[Michael Ronin](#) Larry, Day 14?? How can I get it going?



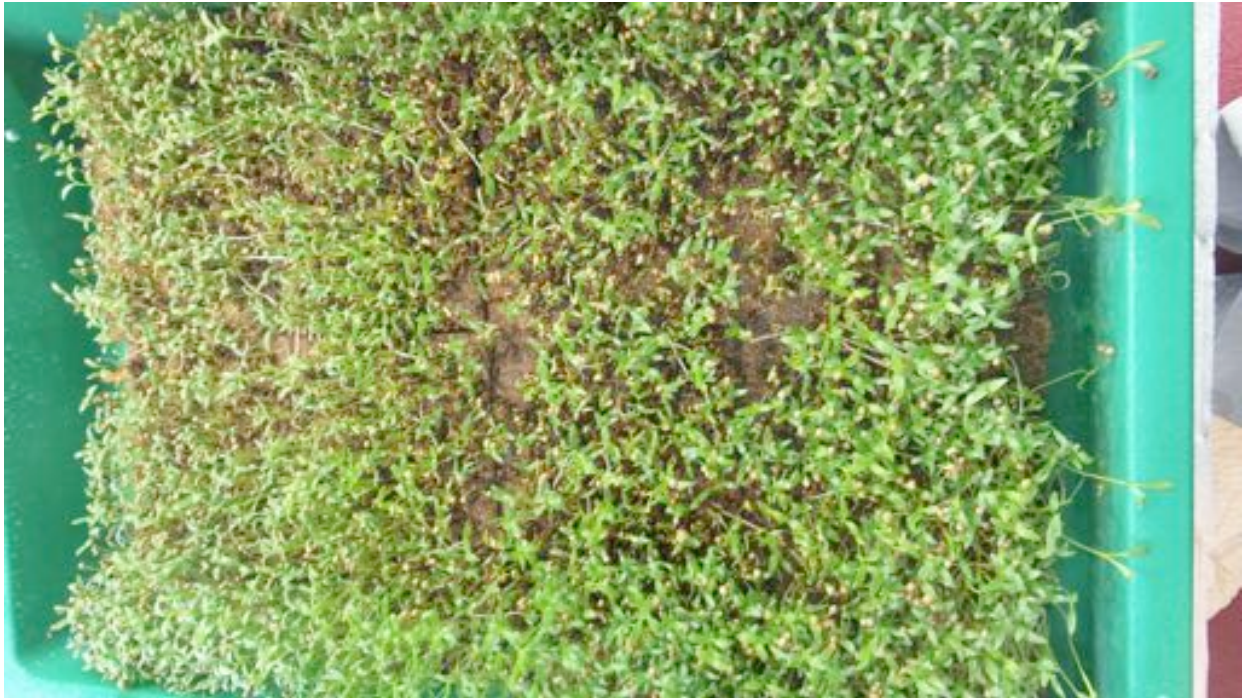


and under the lights  
it time ;-)  
you, will keep pressing  
[Natalia Kabbe](#) [Larry J](#)  
seeds (day 3) looked  
I sprayed w peroxide,  
What should I do?  
[Kabbe](#) You can rinse  
peroxide again and  
this while in the tray on  
they should be fine..  
[Hountz](#) will do. really



[Larry J Hountz](#) Pull it  
keep lite misting it give  
[Michael Ronin](#) Thank  
on!  
[Hountz](#) my cilantro  
like it might be molding,  
and they all foamed up.  
[Larry J Hountz](#) [Natalia](#)  
them well spray  
rinse again you can do  
the pads if you use TLC  
[Natalia Kabbe](#) [Larry J](#)  
hope they turn out well!

## Day 16 of the Cilantro Grow-A-Long,



Things are REALLY starting to happen! Tray is starting to fill in nicely. Soon the tray will look like a sea of green, could be ready by Friday. A fine misting from the top about 20 seconds back and forth up and down, like an EARL SCHEIB paint job, then a cup+- of water in the bottom of the tray so as the water is about 1/4in from the pads and back under the lights.

### **Day 17 of the Cilantro Grow-A-Long,**

As you can see the tray is starting to fill in nicely. Soon the tray will be big a full soon, could be ready by Friday. A 20 second misting, today I didn't need to add water to the bottom of the tray it had enough water in it, but I still moved the tray around to move the nutrients and stimulate the roots a little. I remove every tray from the rack and bring to my table to inspect and water, for these babies it a must giving them all the TLC you can insures an AWESOME crop. It only takes me 1 hour to water my full room 60-70 trays. Watering on the rack cause issues not only with the microgreens but increase water vapor in the room that leads to mildew and molds.





**Day  
18  
of**

**the Cilantro Grow-A-Long,**

As you can see the tray is starting to fill in nicely soon the tray will be big a full soon, could be ready by Friday. Had an issue with one tray didn't water in properly so the cilantro is laying over to fix this a little extra TLC with a extra water and making sure the roots get a little extra water, miss a day and you will have issues





**Day 19 of the Cilantro Grow-A-Long,**

The tray is starting to fill in nicely. A nice misting for 10 seconds and about 1 cup in the bottom and back on the rack

[Phillip Gleason](#) [Larry J Hountz](#)- what is the mist'er you use- mine is too strong- even in "fine" mist- it blows seeds around and or off the pad completely. Also, I have been doing this grow-a-long with both the basil and cilantro. The basil was a bust-BUT- I got my new ph-ec-tdds-temp meter in. Once calibrated, I found my ph was WAY off. So I resoaked the pads, replaced all the water for watering/soaking,- anyway. my cilantro is shockingly better! The roots are dense, succulent, and vibrant white. Thank you!! and the coco pads are awesome too!

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[Larry J Hountz](#) Rainmaker <http://www.rainmakersprayers.com/.../rainmaker...> cut the wand in 1/2

rainmakersprayers.com

[Rainmaker® Pressurized Pump Sprayers | Rain Maker](#)

[Larry J Hountz](#) Your welcome, once you get dialed in the trays come out every-time... its getting dialed that takes a couple of tries ;-)

[Phillip Gleason](#) I'm the "little engine that could"- please say a cordial thank you to your wife as well- she taught me how to measure and cut the coco rolls. I have a 4' ruler- pre measured and marked for convenience- and the Rockwell Zip-Snip- a tool of necessity! If your ever in SLC- hit me up. I'm about 5 or 6 city blocks from True Leaf Market's home location. I'll treat you to a sandwich from Caputo's- the best the West's has to offer! I'm building my site right now- so more visuals to be available soon.

[Larry J Hountz](#) [Phillip Gleason](#) I will tell Zhanna Thank you, we will hit you up for that sandwich - Happy Growing

[Charles Smith](#) Do you pH the water for soaking the coco pads and pre-soaking the seeds, or only for misting and watering the trays?

[Larry J Hountz](#) [Charles Smith](#) We Ph and filter all our water

**Day 20 of the Cilantro Grow-A-Long,**

And who told you Cilantro doesn't grow on CocoFiber ;-) Almost ready, Almost and nice misting 10 seconds, check the water in the tray today it was fine Cilantro doesn't use a lot of water unlike radish. Remember the first day out of germination, look like a really bad hair cut

[Linda Szarkowski](#) [Larry](#), my cilantro seems to be a slower, this is day 15. Leave it another day in germination?

[Larry J Hountz](#) Looks like it was left in germination a little to long due to the legginess are you misting and watering from the top? Did you soak your seeds for 12 hours?

[Linda Szarkowski](#) Yes, to misting - am I missing a another watering from top for these? Yes, soaked 12 hours. So, under the lights now?

[Larry J Hountz](#) [Linda Szarkowski](#) give it time don't give up ;-)

**Day 21 of the Cilantro Grow-A-Long,**

It will be ready to sell Monday so about 20 days from seed to sell. This concludes the Grow-A-Long hope you all had as much fun as I did

[Michael Ronin](#) Thank you for these!

[Jesse Nield](#) Do you remove the seeds hulls before selling? Mine had a ton of seed hulls on it as well.

[Larry J Hountz](#) No it adds an AWESOME depth of flavor, have you client try some with out the hulls and some with ;-)

[Karen Paul-Cortella](#) I was wondering the same about my leeks' hulls. Pretty, but not sure ...

[Robin Bashon](#) I only had about 50% of my seeds germinate. And not many roots peeking out from the bottom (next photo). They were misted each day in germination, then misted and watered when under the lights. Room is 70 to 72 degrees 45% humidity. I'm growing in white trays as they're all I have, but my germination rack is in the dark. This picture is from day 25. Some of the greens have wilted

[Larry J Hountz](#) Looks like a watering issue, there is a few grow-a-longs posted on my face book page you can follow them and send me any questions you might have, beings you are using bamboo sticks in the white trays the process for growing is the same as in the green trays.

[Robin Bashon](#) Thanks, [Larry J Hountz](#)! We really appreciate your grow a longs, and followed this one on cilantro. Perhaps we needed to mist from the top twice a day? We are soaking more cilantro today and will try again.

[Larry J Hountz](#) [Robin Bashon](#) Thank you, Misting twice a day is OK but a really good fine misting once a day for 30 seconds from a rain maker (any pump sprayer) and 10 seconds on the lid is key as well as 30 seconds when you pull them from germination for the first few days then decreasing as the plant matures, Cilantro is not an easy microgreen but once you are in the zone and it works you will understand more about other microgreens as well like Bulls Blood ;-)

[Robin Bashon](#) [Larry J Hountz](#) I think misting for a full 30 seconds might be our problem. Thanks! Can't wait to try again :)

[Larry J Hountz](#) [Robin Bashon](#) Let me know if you have any questions