

Johnny's Micro Greens Yield Trial: Comparison Chart for 29 Popular Varieties

How much seed do I need to sow per 1020 tray? How much will it yield? These are two of the questions we frequently hear from growers. You can use the following data from our yield study as a starting place for calculating potential yield.¹ Note that although the weights of seed sown in the trial were measured in grams to allow for precision and accuracy, we present the yield data here in ounces because the finished crop is typically sold in ounces and pounds.

Part #	Variety	Avg. Seed/Tray (g)	Approx. Flats/Oz. of seed	Avg. Yield/Tray (Oz.)	Avg. Days to Maturity
2912M	Beet, Bull's Blood	23	1	7.5	17
703DM	Chard, Bright Lights	31.5	1	9.5	16.5
919M	Cilantro	26	1	6	20
2461M	Radish, Hong Vit	28.5	1	11.5	9.5
3111M	Radish, Red Arrow	24.5	1	10	8
2155MG	Radish, Daikon OG	22.5	1	8	8
2251M	Tokyo Bekana	14	2	15	10
2290MG	Broccoli OG	13	2.5	11.5	12.5
2943M	Shiso, Britton	11.5	2.5	6.5	16
2566	Mild Micro Mix	11	2.5	11.5	13.5
2230M	Cabbage, Red	10.5	3	8.5	13.5
3159M	Rosie	10.5	3	11	13
3168M	Pac Choi, Red Pac	10.5	3	10	13
382MG	Cress, Cressida OG	10.5	3	8	13
385M	Arugula	10	3	10	14
363M	Kale, Red Russian	10	3	11	13.5
2740M	Ruby Streaks	9.5	3	9	14.5
2883MG	Mizuna OG	9.5	3	10	12
2237M	Kohlrabi, Purple	9.5	3	11	16
2797M	Mustard, Garnet Giant	8	3.5	9.5	12.5
2567	Spicy Micro Mix	7.5	3.5	10	13.5
2897MG	Tatsoi OG	7.5	3.5	8.5	13.5
2247MG	Amaranth, Garnet Red OG	7.5	3.5	6.5	17
944M	Basil, Italian Large Leaf	6.5	5	7.5	19
924MG	Basil, Red Rubin OG	6	5	5.5	25.5
902M	Basil, Dark Opal	5	5	6	25.5
6023M	Marigold, Gem	4	7	6	18
3357M	Dandelion, Red	4	7	5.5	18
2827M	Sorrel, Red Veined	3.5	8	6.5	24

¹**Please Note.** The values in these charts are imprecise as they reflect ranges and averages. For example, yield is subject to wide variations depending upon procedures, techniques, growing systems, growing conditions, harvest stage, and seed lot. Numbers are rounded to the nearest half number.

See back for more information on how we generated these numbers 

About the Yield Trial: We created this table to help you estimate potential yield for your micro greens enterprise. To generate the data included here, we conducted a micro greens yield study at Johnny's Research Farm in 2017. During this trial, we gathered information on seeding amounts and potential yield for 29 different micro green varieties.

We seeded each variety at least three times over the course of several months (from mid-August to late-October). This enabled us to gather data during varying environmental conditions. We seeded each 1020 flat by eye, weighing the seed packet before and after seeding to determine the exact quantity of seed used per flat. The data on this sheet are an average of those seedings, although any obvious outliers (e.g., flats with poor germination) were excluded.

Stage of Maturity at Harvest: We harvested all varieties at the first true-leaf stage. Because micro greens grow quickly, each day can make a big difference in plant size and yield totals. As a visual reference, we posted photos of the size at harvest for each of the 29 varieties that we tested on its individual product webpage. You can use these photos to compare your own desired stage of maturity at harvest with ours and adjust your potential yield totals accordingly.

Also note that seeding density should change depending on the desired stage of maturity at harvest. The seeding rates that we detail here were used for harvest at first true-leaf stage; however, if you want to allow your micro greens to grow larger, you should sow fewer seeds per flat to allow for greater air flow and slower depletion of water and fertility.

Days to Maturity: Days to maturity vary not only between varieties but upon growing conditions such as temperature, moisture, and sunlight. During our trial, for example, we had a week of unusually high temperatures (into the high 80s and low 90s) that accelerated the growth rate but limited the uniformity and quality of the finished product. If you are growing micro greens inside, under lights, these factors are easier to control, but if you are growing under protected cover outside, environmental conditions will cause the number of days to maturity to fluctuate.

Refining and Adjusting Your System: The data presented here are intended as a starting point from which you can build and refine your own system. We recommend taking detailed notes as you run your own trials so that you can adjust your system based on your specific needs and growing conditions. As you compile your data, you may notice similarities between crop types. For example, you may find that most radishes will yield similar amounts per flat, as will many of the brassica varieties. You can use this information to extrapolate among other varieties within plant families.

For more information on micro greens production, visit our [Grower's Library](#).

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