



Grow Easy:

A Guide to growing food at any stage in life

BY CONNOR HIEBEL

What if taking care of your health didn't feel complicated... or overwhelming?

What if it was as simple as watering a small tray on your kitchen counter?

With Island Microgreens, growing your own fresh, nutritious food is easy, truly easy. No backyard, no heavy tools, no bending down or digging. Everything is designed so you can grow right from the comfort of your home, at your own pace.

If you've ever thought, "I don't have a green thumb" or "I might mess it up," you're not alone. That's exactly why we created a system that guides you step-by-step, making success feel natural. Most people are surprised by how simple it is—and how quickly they see results. In just about a week, you'll have fresh greens ready to enjoy.

But what matters even more than how easy it is... is how it makes you feel. There's a quiet kind of joy in watching something grow. In caring for it. In knowing that you made it happen. It brings a sense of purpose to your day, something to look forward to each morning.



Today, Connor's story has been featured in **Forbes**, recognized by **FedEx's Small Business Grant Contest**, and shared the stage with leaders around the world including **Marie Diamond, Sharon Lector, Greg Reid and Bill Walsh**.

Inside Island Microgreens, you'll discover:

Everything you need to get started, nothing extra, nothing confusing.

- **Easy-to-use growing trays:** Lightweight, simple to handle, and designed to make watering and growing effortless.
- **Premium seeds ready to grow.** Carefully selected for quick success, so you can enjoy fresh greens in just days.
- **Pre-measured growing medium:** No mess, no guessing—just add water and you're ready to begin.
- **A simple spray bottle:** Gentle watering made easy, helping your greens grow strong without overdoing it.
- **Step-by-step instructions:** Clear, easy-to-follow guidance so you always know exactly what to do next.

And when you harvest your first tray, it's not just food, it's a small win. A reminder that you're still creating, still growing, still capable.

On top of that, these tiny greens are packed with nutrients your body loves. They can support your energy, your immune system, and your overall well-being—without needing to change everything about your diet. Just a small handful added to your meals can make a meaningful difference.

This isn't about becoming a gardener.
It's about feeling better.

It's about doing something for yourself that's simple, positive, and rewarding.
You don't need experience.
You don't need strength.
You just need a little curiosity, and a willingness to try.



*Click the icon to get
your copy today!*

amazon



Learn More:

BOOK

- **Let's Get Growing: A Teen's Guide to Turning Challenges into Change**

Discover how to transform obstacles into opportunities with the inspiring story of teen entrepreneur and best-selling author Connor Hiebel. Through heartfelt lessons and practical tools, Let's Get Growing empowers readers to find purpose, build resilience, and create success from the inside out. This uplifting guide is a reminder that every challenge is just a seed waiting to grow into something extraordinary.

<https://amzn.to/4eS7iiP>

TV SHOW

- **Connor's Microgreen Masterclass**

Want to grow microgreens... but don't know where to start? You are in the right place! Join Connor Hiebel, the inspiring teen entrepreneur behind Amelia Island Microgreens, in this Microgreen Masterclass, a beginner-friendly, high-impact training designed to help you grow nutrient-dense microgreens at home, boost your energy, and simplify your wellness journey

<https://limitlesstv.net/connorhiebel/preview/connors-microgreen-masterclass>

- **How to Grow Microgreens For Beginners and Home Growers**

Learn how to grow microgreens at home in 7 days with Island Microgreens TV channel. From step by step guides to microgreen recipes, this channel has everything you need to grow your microgreens at home.

<https://limitlesstv.net/connorhiebel/preview/how-to-grow-microgreens-for-beginners-and-home-growers>

- **Connor Hiebel's Mindset Mastery**

Connor Hiebel, founder of Amelia Island Microgreens and bestselling author, shares the mindset shifts and business strategies that turn big dreams into real results. From scaling your income to mastering the habits of high performers, this channel is your toolkit for thinking bigger, acting smarter, and creating a life without limits. Join Connor for practical insights, inspiring stories, and the motivation to step into your next level.



Learn More:

YOUTUBE

- Discover how to grow vibrant, nutrient-packed microgreens right at home with tips from best-selling author and entrepreneur **Connor Hiebel**. From simple growing tutorials to surprising health benefits, each episode empowers you to grow your own food, boost your wellness, and thrive—one tray at a time.

<https://www.youtube.com/@ameliaislandmicrogreens>

PODCAST APPEARANCES

- Fueling Loyalty with Gamified Business Models ([Click here](#) to listen to the episode)
- From Seed to Success: The Power of Microgreens ([Click here](#) to listen to the episode)
- Success Matters: Eat Your Greens with Connor Hiebel ([Click here](#) to listen to the episode)
- The Optimal Health Show ([Click here](#) to listen to the episode)
- From Health Challenges to Entrepreneurial Success ([Click here](#) to listen to the episode)
- The Tiberius Show ([Click here](#) to listen to the episode)

SOCIAL MEDIA

- Facebook: <https://www.facebook.com/AmeliaIslandMicrogreens>
- Instagram: <https://www.instagram.com/ameliaislandmicrogreens/>
- Tiktok: <https://www.tiktok.com/@ameliaislandmicrogreens>
- Youtube: <https://www.youtube.com/channel/UCsvLPyx9MuYeblw9k9D9u5A/featured>
- LinkedIn: <https://www.linkedin.com/in/connorhiebel/>
- Pinterest: https://www.pinterest.com/AlMicrogreens/_created/





CONNOR HIEBEL



Connor Hiebel is one of the world's most inspiring young entrepreneurs, best-selling author of *Let's Get Growing: A Teen's Guide to Turning Challenges into Change*, international speaker, and founder of **Island Microgreens**, one of the fastest-growing movements in the sustainable food industry. Known for transforming personal adversity into a global mission, Connor is redefining what it means to lead with purpose at any age.

After facing a debilitating health challenge as a child, Connor's discovery of the healing power of microgreens ignited not just his recovery, but a lifelong mission to help others grow their own health and success, one tray at a time. What began as a small home project evolved into **Amelia Island Microgreens**, an award-winning company that educates and empowers thousands of people to grow fresh, living food in their own homes.

A **Forbes**-featured entrepreneur, Connor has been recognized by **FedEx's Small Business Grant Contest** for his innovation in sustainability and has shared stages with some of the most influential voices in business and personal development, including **Sharon Lechter, Marie Diamond, Bill Walsh, and Les Brown**. His story of turning pain into purpose has inspired audiences from local classrooms to international summits.

Often described as a bridge between youthful innovation and timeless wisdom, Connor merges his deep passion for health, entrepreneurship, and education to empower the next generation of leaders. His approach combines practical business strategy with the mindset of personal mastery, reminding his audiences that growth, whether in business or in life, begins from the inside out.

Connor's mission is to inspire one million people to "grow something greater," cultivating both food security and self-belief through education, empowerment, and sustainable innovation. As a speaker and mentor, he continues to uplift young entrepreneurs, teaching them how to transform obstacles into opportunities and ideas into impact.

In addition to his business and authorship, Connor serves as an advocate for youth entrepreneurship and sustainability education. His work has been featured in **Forbes, Florida Times-Union**, and numerous podcasts and media outlets worldwide.

Connor is the founder of **Island Microgreens**, creator of the Ready, Set, Grow!™ microgreens kits, and co-founder of **Free Money U**, a platform helping small businesses access non-repayable funding through grants and education. His upcoming projects include **The 4% Edge**, his next transformative book about creating lasting success through small, consistent action.

To learn more or book Connor for speaking engagements, visit www.IslandMicrogreens.com or www.LetsGetGrowingBook.com.