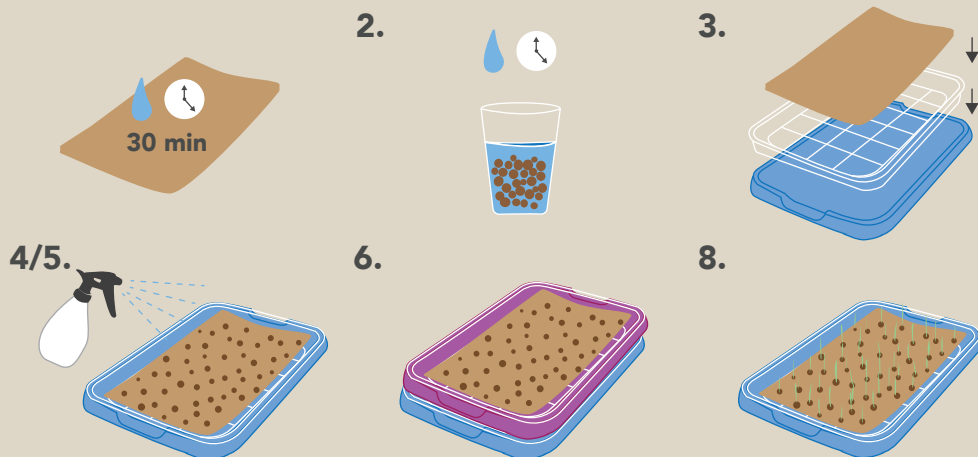


INSTRUCTIONS



1. Soak coconut mats in water for **30 minutes**.
2. If your seeds are larger than a grain of rice, soak them in water overnight.
3. Place a single coconut mat on the white inner mesh tray.
4. Scatter seeds evenly over the top of the mat. This step takes a bit of practice to judge how to space them perfectly. You want them to be packed densely enough to support each other as they grow, but not so close that they don't have good airflow over them and end up getting mouldy.
5. Spray **gently** with water.
6. You can stack trays on top of each other: Repeat steps 3-5 with **up to 5 additional trays** (the weight of the trays presses the seeds down & forces their roots to grow downwards into the coconut mat).
7. Spray each layer of seeds with water **daily**.
8. When seeds have sprouts that are **approx. 3cm tall, unstack** the trays & place each tray flat & uncovered so they can grow upwards.
9. Place plants in sunlight in the final 2 days to develop their flavour & provide a richer, greener colour.



TAKE NOTE BEFORE USE



Only use seeds that have not been chemically treated (all our sprout seeds are not chemically treated).



Some sprouts need to be cooked before eating.



Check seed-specific instructions before growing.

INCLUDED PARTS

4x Coconut Mats
1x Blue Microgreen Tray (34 x 26cm)
1x Pink Microgreen Tray (34 x 26cm)
2x Inner Mesh Trays (34 x 26cm)
1x 250mL spray bottle
Instruction Card

FOR MORE:



www.urbanplantgrowers.com.au



info@urbanplantgrowers.com



@urbanplantgrowers



@plant_urban



Scan the QR code to view our helpful set up videos, links & resources!

URBAN
PLANT
GROWERS