

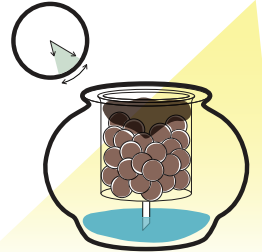


# CUP O HERBS

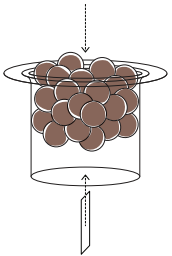
## Potting Instructions



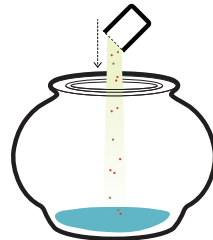
1  
Open the package and separate the materials. Dispose of the silicone ring.  
Pour the clay balls out and rinse until the water runs clean.



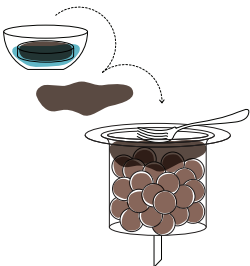
6  
Place your CUP O HERBS in a well-lit area, but limit direct sunlight to no more than one hour per day until the seeds have germinated (usually one to two weeks.)



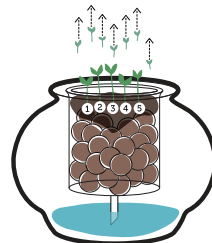
2  
Thread the wick through the hole in the inner cup so that most of it is inside and about 2 cm is left outside.  
Then place clay balls back into the inner cup, keeping the wick centred and upright.



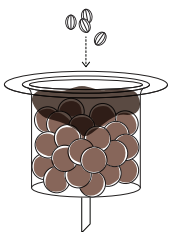
7  
Once the seeds have germinated, pour the fertiliser into the water and mix. Top up the water level if required.



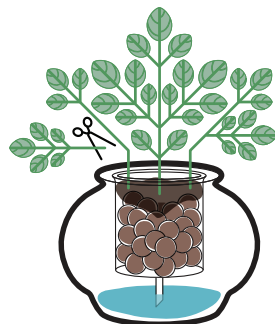
3  
Soak the soil disc in warm water until it is fully expanded. Squeeze the soil out of its sack and place on top of the clay balls. Then fluff the soil with a fork.



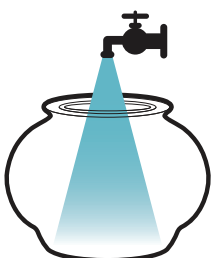
8  
Thin out, leaving the largest three to five seedlings. The surplus seedlings can be put in the ground or added to the salad.



4  
Spread approximately 10 seeds evenly on top and cover with a thin layer of leftover soil.



9  
Top up the water in the outer pot if required.  
Harvest the herbs, rinse, and use with pasta, in a salad or a stir-fry.



5  
Add approximately 2 cm of water to the outer pot and let the wick pull it up to the seeds.