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## What's In Your Box?

### Indoor Herb Grow Kit

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Everything you need to start your  
indoor herb garden:

**4 100% Biodegradable Coco Coir Pots**

Made from the husk of a coconut.

**4 Coco Coir Expanding Soil Wafers**

Contains special ingredients to help optimize germination and growth. Includes kelp, water-saving polymers, worm castings and nutrients. Expands up to seven times its volume.

**1 Kraft Seed Envelope**

100% certified organic, heirloom, non-GMO seeds. Inside the envelope you will find four ziploc pouches containing seed varieties: basil, cilantro (coriander), Italian parsley and chives.

**1 Water Bottle to water your plants**

**4 Bamboo Plant Markers**

**What's in Your Box?**

Six instruction cards and recipes in a clear poly bag.

## Step 1: Preparing Your Seeds

(This is great to do the night before)

You will want to prepare your seeds prior to planting by soaking them in warm water for 12 to 24 hours. The benefit to doing this before planting your seeds is that this will speed up the germination process. You will soon have healthy herbs growing and ready to enjoy.

For each of your 4 seed varieties, **fill a small, shallow bowl with enough warm water to cover the seeds.**

In each bowl, **place 5-7 seeds in the warm water** (one seed variety per bowl). For chives add 10-15 seeds. Place leftover seeds back in their ziploc pouch. Store in your refrigerator for future use.

**Let the seeds soak for 12 to 24 hours.** After soaking in water, your seeds will be slightly swollen and soft making, them ideal for planting.



## Step 2: Preparing Your Soil

1. Place all 4 coco coir wafers in a large bowl.
2. Add 3 cups of warm water to the bowl (3/4 cup water per wafer). The wafers will quickly begin to absorb the water and expand into a nutrient rich soil. The wafers will expand up to 7 times its original size.
3. Next, take a spoon and stir the soil, breaking it up into a consistent mix. It should resemble small granules when you are done mixing. Add more warm water if needed. You want the mixture to be moist throughout.

Congratulations! Your seeds and soil are ready. Let's start planting your indoor herb garden.

### Quick tips

Is your growing medium too wet? No problem, just grab the soil in between your hands and squeeze out the excess water.

### Transplanting Tips

Once your plants are 1 to 2 months old you may wish to transplant them outside for extended plant life. It's really simple.



## Organic Chives

*Heirloom*

Germination: 10 – 14 days

Harvest: 30 – 40 days



**Planting your Chives:** Fill a biodegradable coco coir pot with approximately 1 cup of moist soil until the pot is almost full. Place your pot on a saucer to catch any excess water.

Take 10-15 of the pre-soaked seeds and evenly scatter them around the pot of soil. Cover the seeds with a pinch of soil and add an additional 2 oz. of water if needed. Keep the soil very moist for another 5 to 10 days while the seeds continue to germinate.

**Ideal Growing Location:** Keep your chives on a sunny windowsill or in a warm, well-ventilated spot. Chives like sunlight and should get between 6 to 8 hours of sunlight per day.

**Watering:** Keep the soil moist, but not soggy. Check moisture level daily by touching the soil with your fingers. If it feels dry, add water to ensure the soil is always moist to the touch.

**Harvesting and Enjoying your Chives:** You can begin to harvest your Chives as soon as the shoots have reached several inches tall. Cut the shoots with scissors, leaving 1 to 2 inches above the soil. This will continue to grow. If flowers appear, cut the shoots back. To promote new growth, cut back whenever the height exceeds six inches.

# Organic Chives



## Garlic Chive Dip

### Ingredients

*Serves 6*

- 3 unpeeled garlic cloves
- 1 ½ cups plain Greek yogurt
- 1 ½ tablespoons chopped chives
- ¼ teaspoon cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- Black pepper, to taste

### Directions

1. Heat a small skillet over medium heat.
2. Place the garlic cloves into the skillet and let cook while shaking the pan occasionally.
3. Cook for 5 minutes or until the skins are blackened.
4. Let the garlic cool then peel. Mash with a fork.
5. Transfer the garlic to a bowl with the yogurt, chives, cumin, cayenne, salt, and black pepper.
6. Mix until well combined.
7. Cover with plastic and chill for at least 30 minutes before serving.

## Garlic Chive Dip



## Organic Basil

*Heirloom*

Germination: 5 – 10 days

Harvest: 30 – 60 days



**Planting your Basil:** Fill a biodegradable coco coir pot with approximately 1 cup of moist soil until the pot is almost full. Place your pot on a saucer to catch any excess water.

Take 5-7 of the pre-soaked seeds and evenly scatter them around the pot of soil. Cover the seeds with a small amount of soil and add an additional 2 oz. of water if needed. For the next 5 to 10 days, keep the soil very moist as the seeds will continue to germinate.

**Ideal Growing Location:** Keep your basil on a sunny windowsill or in a warm, well-ventilated spot. Basil likes sunlight and should get between 6 to 8 hours of sunlight per day.

**Watering:** Keep the soil moist, but not soggy. Check moisture level daily by touching the soil with your fingers. If it feels dry, add water to ensure the soil is always moist to the touch.

**Caring for your Basil:** Once your basil is 5 to 6 inches tall you may need to thin the stems by simply trimming the smaller stems. This will actually encourage the plant to expand and grow more stems and leaves. If flowers appear, simply trim them off. Flowers can change the flavor of the basil and take away energy needed to grow healthy and flavorful basil.

**Harvesting and Enjoying your Basil:** You can begin to harvest your basil as soon as the stems have reached 5 to 6 inches tall. Cut the basil with scissors, leaving a stem 2 to 3 inches above the soil. Enjoy!

## Organic Basil



## Lemon Pistachio Pesto

### Ingredients

*Yields 3 cups*

- 1 ½ cups fresh basil, lightly packed
- ½ cup fresh mint, lightly packed
- 1 cup unsalted shelled pistachios
- ¾ cup freshly grated Parmesan cheese
- 2 peeled garlic cloves
- ¼ cup lemon juice
- ½ teaspoon lemon zest
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ cup olive oil, plus more if needed

### Directions

1. Add the herbs to the bowl of a food processor with the pistachios, Parmesan cheese, garlic, lemon juice, zest, salt, and black pepper.
2. Pulse until well combined. Stop to scrape the sides occasionally.
3. Run the food processor as you deliver the olive oil in a steady stream.
4. Stop the processor when the pesto is smooth. Add more oil if needed.
5. Taste and adjust seasonings if needed.
6. Serve with crackers, over pasta, zucchini noodles or use as a sandwich spread.

*Note: Store leftover pesto in an airtight container and refrigerate. Pesto stays fresh for up to a week.*

## Lemon Pistachio Pesto



## Organic Italian Parsley

*Heirloom*

Germination: 10 – 25 days

Harvest: 30 – 60 days



**Planting your Parsley:** Fill a biodegradable coco coir pot with approximately 1 cup of moist soil until the pot is almost full. Place your pot on a saucer to catch any excess water.

Take 5-7 of the pre-soaked seeds and evenly scatter them around the pot of soil. Cover the seeds with a small amount of soil and add an additional 2 oz. of water if needed. For the next 5 to 10 days, keep the soil very moist, as the seeds will continue to germinate.

**Ideal Growing Location:** Keep your parsley on a sunny windowsill. Parsley likes sunlight and should get between 6 to 8 hours of sunlight per day.

**Watering:** Keep the soil moist, but not soggy. Check moisture level daily by touching the soil with your fingers. If it feels dry, add water to ensure the soil is always moist to the touch.

**Caring for your Parsley:** Once your parsley is 2 to 3 inches tall you may need to thin the stems. Simply trim the smaller stems to allow the largest 2 or 3 stems to expand and grow new leaves.

**Harvesting and Enjoying your Parsley :** You can begin to harvest your parsley once the plant is several inches tall. Ideally, a stem should have 3 or more clusters of leaves. Cut the Parsley with scissors, leaving a stem of 1 or 2 inches above the soil. This will continue to grow and sprout new leaves. Enjoy!

## Organic Italian Parsley



## Blood Orange & Parsley Vinaigrette

### Ingredients

*Serves 2*

- 3 tablespoons olive oil
- ¼ cup blood orange juice
- 2 tablespoons chopped Italian flat leaf parsley
- ½ teaspoon lemon zest
- 1 minced garlic clove
- Pinch of red pepper flakes
- Kosher salt and black pepper, to taste

### Directions

1. Add all the ingredients except the salt and black pepper into a mason jar. Shake well.
2. Season to taste with salt and black pepper.
3. Use immediately or chill in the refrigerator. Shake right before serving.

Blood Orange & Parsley Vinaigrette



## Organic Cilantro (Coriander)

*Heirloom*

Germination: 7 – 10 days

Harvest: 30 – 60 days



**Planting your Cilantro:** Fill a biodegradable coco coir pot with approximately 1 cup of moist soil until the pot is almost full. Place your pot on a saucer to catch any excess water.

Take 6-8 of the pre-soaked seeds and evenly scatter them around the pot of soil. Cover the seeds with a small amount of soil and add an additional 2 oz. of water if needed. For the next 5 to 10 days, keep the soil very moist as the seeds will continue to germinate.

**Ideal Growing Location:** Keep your cilantro on a sunny windowsill or in a warm, well-ventilated spot. It should get between 6 to 8 hours of sunlight per day.

**Watering:** Keep the soil moist, but not soggy. Check moisture level daily by touching the soil with your fingers. If it feels dry, add water to ensure the soil is always moist to the touch.

**Caring for your Cilantro:** Once your cilantro is 5 to 6 inches tall, you may need to thin the stems. Simply trim the stems from the top or outermost leaves. This will encourage new growth.

**Harvesting and Enjoying your Cilantro:** You can begin to harvest your cilantro once it reaches 6 inches tall or more. Use scissors and starting at the top of your plant, cut the top 2 or 3 inches of herbs. Enjoy!

# Organic Cilantro



## Cilantro, Mango & Avocado Smoothie

### Ingredients

*Serves 2*

- 2 cups coconut water, chilled
- 1 frozen banana, cut into chunks
- 1 ½ cups diced mango
- 1 ½ cups fresh spinach
- ½ cup fresh cilantro
- 1 ripe avocado, diced

### Directions

1. Pour the coconut water into the blender followed by the remaining ingredients.
2. Blend until smooth and creamy.
3. Pour into glasses and enjoy.

Cilantro, Mango & Avocado Smoothie

