



What's In Your Box?

Indoor Cocktail Herb Grow Kit

**Everything you need to start your
indoor herb garden:**

3 100% Biodegradable Coco Coir Pots

Made from the husk of a coconut.

3 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

Inside the envelope you will find three ziploc pouches containing non-GMO seed varieties: mint, thyme, and lemon balm.

1 Water Bottle to water your plants

3 Bamboo Plant Markers

What's in Your Box?

Five 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 3 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). 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 3 coco coir wafers in a large bowl.
2. Add 2 1/4 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.



Mint

Planting your Mint: 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 mint on a sunny windowsill or in a warm, well-ventilated spot. Mint 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 Mint: Once your mint 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.

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



Minty Pomegranate Spritzer

Ingredients

Serves 4

Mint simple syrup

Yields 1/2 cup

1/2 cup granulated sugar

1/2 cup water

Handful of fresh mint

Cocktail

2 ounces 100% pomegranate juice

Juice of 1 lime

4 ounces vodka

8 ounces prosecco or champagne

Crushed ice

Directions

1. Add the sugar to a small saucepan with the water and mint.
2. Bring to a boil over medium-high heat.
3. Stir until the sugar dissolves.
4. Remove from the heat and let cool for 10 minutes.
5. Remove and discard the mint leaves.
6. Add half of the mint simple syrup to a pitcher with the pomegranate juice, lime juice, and vodka. Stir.
7. Fill glasses with crushed ice.
8. Divide the cocktail mixture among the four glasses.
9. Top with prosecco or champagne.
10. Serve.



Thyme

Planting your Thyme: 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 thyme on a sunny windowsill or in a warm, well-ventilated spot. Thyme 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 Mint: Once your thyme 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.

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



Cucumber Thyme Gin Fizz with Lime

Ingredients

Serves 1

Cucumber thyme juice

1 English cucumber, roughly chopped

1 1/2 tablespoons fresh thyme leaves

Cocktail

2 ounces cucumber-thyme juice

2 ounces gin

3/4 ounce simple syrup

Ice

4 ounces sparkling water

1-2 sprigs of fresh thyme, for garnish

Directions

1. Add the cucumber and thyme to the bowl of a food processor.
2. Process until smooth.
3. Pour the puree into a strainer placed over a small bowl to strain the juice from the pulp.
4. Pour two ounces of the cucumber-thyme juice into a cocktail shaker with the gin, simple syrup and some ice.
5. Shake well.
6. Strain into a glass filled with ice.
7. Pour in the sparkling water. Stir.
8. Garnish with thyme and serve.



Lemon Balm

Planting your Lemon Balm: 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 lemon balm on a sunny windowsill or in a warm, well-ventilated spot. Lemon balm 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 Mint: Once your lemon balm 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.

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



Lemon Balm Mojito

Ingredients

Serves 1

4-5 fresh lemon balm leaves, plus more for garnish

1 teaspoon superfine sugar

2 ounces white rum

2 ounces fresh lemon juice

Ice

Sparkling water

Directions

1. Add the lemon balm leaves and sugar to the bottom of a cocktail shaker.
2. Muddle until well combined.
3. Add the white rum and lemon juice
4. Fill the shaker with ice, cover, and vigorously shake for 20 seconds.
5. Fill a tall glass with ice.
6. Strain the cocktail into the glass.
7. Top with sparkling water and garnish with lemon balm leaves.

