



Growing Instructions

Your Kit Contains

- Organic seeds in a reusable tin
- Large tin to grow your Microgreens in
- Blocks of organic, vegan, peat-free coir
- Wooden measuring spoon
- Easy-to-follow, fool-proof instructions

Instructions

1. Place one of the coir compost blocks onto a saucer or bowl. Gently pour 20-40mL of hot water over the coir watching the coir soak this up and expand.
2. Divide the expanded coir evenly between the base of the tin and the lid of the tin. (Find videos on our Youtube channel for more guidance if required).
3. Break the coir compost up, spread it evenly and gently press the coir compost so that you have a nice smooth surface. The coir compost should still feel damp to the touch, if not then lightly water, using only water, with a rose watering can before planting your seeds.
4. Sprinkle some of the seeds included in your kit evenly, on-top of the coir. We have included a wooden spoon for more accuracy - average covering = 1-2 wooden spoonfuls for both the base and the lid of the growing tin, not too sparse and not too dense. (Find videos on our Youtube channel if you require more guidance).
5. Water/ sprinkle lightly with a rose-tipped small watering can. Only use water.
- 6 . Cover with a piece of cardboard and leave at room temperature or a warm dark area like an airing cupboard for 3-5 days and keep checking to make sure the coir hasn't dried too much; if it feels very dry then sprinkle some more water onto the seeds and replace the cover until you start to notice the seeds germinating. Optimum temperature is 20-22°C.

7. When your Microgreens start to sprout, remove the cardboard cover and place the tin base and lid in an illuminated area, ideally on a windowsill.

Do not use a lamp. Water lightly from above, being careful not to over water or saturate the coir compost.

(If you do over water tip the tray to release the excess water into the sink).

8. Water every morning and evening. Using a rose tipped watering can, water lightly from above whilst the seeds are still sprouting then, when they have leaves, water from the side (tipping the tin at an angle to pour the water from the side and letting the water flow to other side).

9. The soil should feel moist to the touch, not dry and not over saturated.

10. Continue to water daily until the shoots are 5cm+ in length from their base. Then either snip with scissors or use a sharp knife to harvest your Microgreens.

11. Before planting again, empty the used coir compost, wash and dry the tin and then start again, following the instructions above.

Additional information

♥ An average growing cycle for most Microgreens is usually 7-10 days from planting to harvesting.

♥ Do not over or underwater the coir compost as the seeds won't germinate.

♥ If your Microgreens start to 'flop' give them water.

♥ When the seeds start to germinate ROOT FUR is visible. It may look like mould but, be assured, it is not!

To subscribe to our newsletter or for more support please email **feedme@teenygreeny.co.uk**

To replenish your seeds we offer refill packs and subscriptions on our website **www.teenygreeny.co.uk**

Happy Growing

Alice

*Grower Extraordinaire
& Founder of Teeny Greeny*



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