

WHEATGRASS GROWING GUIDE

SET
UP

Use screen and band to easily rinse seeds.



DAY
1

Pour 2 oz of wheatgrass into the tray without holes, add water to cover seeds. Soak for 8-10 hours.



DAY
2

Drain seeds, and rinse 3x daily. Seeds should be damp, but not sitting in water.



DAY
3

Continue to rinse 3x daily. Transfer seeds to the tray with holes, and place inside tray without holes



DAY
4

Continue to rinse 3x daily. Sprouts will turn upward and begin to create a mat of roots.



DAY
5

Continue to rinse 3x daily. Wheatgrass should have clear root formation.

Wheatgrass roots have a natural white fuzz. However, if you see black specks, this could be mold. Avoid mold growth by rinsing regularly.



DAY
6

Continue to rinse 3x daily. Wheatgrass should begin to deepen in color.



DAY
7+

Wheatgrass is ready to feed!
Trim grass and feed as desired.

Trim and freeze wheatgrass to feed it over longer time periods

