

HORTIKI PLANTS
Ecofriendly Garden Kits

ORGANIC CARROTS

Growing Instructions

Hortiki Plants Eco-friendly Seed Starting Kits



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Plant Love

Hortiki Plants is here to truly support your gardening journey.
This is just the beginning!

If you need additional support let us know! Share pictures of your plants and get specific feedback. Hortiki is always here to help!

RELAX. YOU ORANGE IN THIS ALONE.



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READY, SET, GROW!

PREP GROWING MEDIA

Soak the coco brick in 1 gallon of warm water. Coir will expand to 2 gallons of ready to use coir potting mix. Drain well. Hydrate organic soil wafers by adding water a little at a time. Once hydrated, mix the coco coir and soil until well blended. Add mixture to grow bag.

PLANT SEEDS

Make holes in your soil spaced one-inch apart. Carrots do not need to be deeply planted. Plant only 1/4 inch deep.

Plant two seeds per hole. Cover with soil and pat lightly to secure. (Don't pack it down too firmly. You want the sprouts to have an easy time popping up).

Be patient as carrots can take 2+ weeks to germinate. Keep in a warm area and keep moist but not soaking wet.



MONITOR LIGHT, MOISTURE, NUTRIENTS

Once seeds have germinated move to a bright sunny spot. (6+ hours of direct sunlight.) If your seedlings grow thin and weak they are not getting enough light. You'll know they are in the right spot when you see sturdy stems and dark leaves.

Thin seedlings to make room for vigorous growth 2 weeks after sprouts appear. Use sharp scissors to carefully cut back smaller, under-performing sprouts.

Keep moist but never soaking wet. Water every 2 days or when the top inch of soil feels dry. If leaves starts to droop, water more frequently. (Let water drain fully before placing container back into your biodegradable tray).

To enhance growth add organic compost or worm castings after 4 weeks and continue regularly until harvest.

HARVEST

Your carrots should be ready for harvest in approximately 50-68 days.

To check the size of your carrots, gently uncover the soil around the shoulders (the top part of the root at the base of the stem).

Harvest when carrot shoulders are 1-2 inches in diameter.

Gently pull them from the soil. This can be done by grasping the base of each stem and pulling up. The root should break free easily.

After harvesting, immediately wash and separate the leaves from the roots. Leaves are edible.

Store leaves in the refrigerator for up to a week and enjoy in salads, stirfrys and smoothies. Roots can be stored for up to two months in a cool and dry location.



Carrot and Beet Latkes

Ingredients

2 cups coarsely grated, peeled beets
2 cups coarsely grated, peeled carrots
1 small onion or 1/4 cup chopped green onion
1 large egg
1/4 cup all-purpose flour
1/4 tsp salt
1/4 tsp black pepper
Dash of garlic powder and/or paprika (optional)
1/4 cup cooking oil



Directions

- Grate beets and carrots and set aside.
- Grate onion (or chop green onion). Squeeze out liquid into clean towel, then transfer to bowl. Add egg, flour, salt, pepper, and optional seasonings, and toss until ingredients are well combined. Add grated beet and carrot, and toss until just combined.
- Heat 2 tbsp of oil in a large frying pan on medium heat. Drop 1/4 cup mixture into pan for each latke, and use the back of a spatula to slightly compress.
- Fry for 2 to 3 min per side or until latkes are cooked through and lightly browned. Place on a paper towel lined baking sheet. Repeat until all latkes are cooked, adding remaining 2 tbsp oil to pan as needed. Serve with plain Greek yogurt or sour cream (with seasonings of choice) for dipping if desired.

Fun Facts+

The heaviest carrot ever grown weighed 22.44 lbs. That's heavier than the average watermelon!

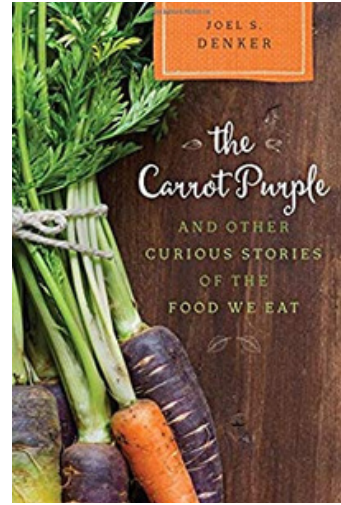
There are more than 100 varieties of carrots. Carrots can be orange, white, red, yellow, and purple.

Carrots have been cultivated for at least 5,000 years.

One medium carrot provides more than 200% of the average daily vitamin A needs. But it's not because carrots have tons of vitamin A! Carrots are high in beta-carotene which our bodies turn into vitamin A.

Fun Read:

The Carrot Purple And Other Curious Stories Of The Food We Eat
by Joel Denker



Vitamin Boost Carrot Juice

- 1 cup sliced carrots
- 1/2 cup chopped fresh mango
- 1/2 teaspoon finely shredded orange peel
- 1/4 cup orange juice
- 1 1/2 cups ice cubes

- In a covered small saucepan, cook carrots in a small amount of boiling water about 15 minutes or until very tender. Drain well. Cool.
- Place ice cubes in blender; Add drained carrots, mango, orange peel and orange juice.
- Cover and blend until smooth.
- Pour into glasses and enjoy!

YOU + HORTIKI PLANTS = PLANT



Thank you so much for your support! Hortiki will miss you if you don't keep in touch.

Here's how:



Help your fellow plant lovers who need some encouragement!

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hortikiplants.com



Share [photos](#) and [videos](#) of your product and your plant journey!

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Let me know how our eco-friendly gardening kits can be improved or what other products you'd like to see.

Contact us:

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