

HORTIKI PLANTS
Ecofriendly Garden Kits
hortikiplants.com

GREEN SMOOTHIE GARDEN KIT

Growing Instructions



KIT CONTENTS

Organic Seeds
Wooden Grow Box with Liner
Organic Growing Media
Bamboo Label
Glass Spray Bottle
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.
Want to have a video chat? We can do that too.

RELAX. YOU ORANGE IN
THIS ALONE.





WOODEN CONTAINER AND LEAK GUARD

Use the decorative wooden container with the leak guard to keep surfaces clean and dry.

PREP GROWING MEDIA

Place soil disks in your wooden container with leak guard in place. Add water a little at a time until you soil has fully expanded. Even out in your planter, saving a little to cover seeds after planting.

PLANT SEEDS

Make holes one inch apart and 1/2 inch deep. Plant 2 seeds per hole. Cover with a thin layer of growing media and pat lightly to secure. Place in a warm location and wait for germination (~ 1 week). (You can plant a mix of different seeds in the container)

WATER GENTLY

Water sprouts gently every 1-2 days, or whenever the soil feels dry one inch below the surface.



MONITOR HEAT, LIGHT, MOISTURE

Once seeds have germinated move to a bright sunny spot. (4+ 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 medium-dark green leaves.

Keep moist but never soaking wet.

THIN

Make room for vigorous growth by cutting back weaker sprouts. Use sharp scissors to cut off the leaves of under performing sprouts. Eat your cuttings! Try sprinkling on avocado toast.

HARVEST

Mature greens will be ready to harvest in 4-8 weeks.

When the leaves are 2-3 inches long they are ready to harvest. (Younger leaves are mild, older leaves have a stronger, tart flavor). Harvest outer leaves by pinching or cutting using sharp scissors.

Let young, inner leaves continue to grow and harvest in this method continuously.

A simple process to ensure every green smoothie is a happy smoothie.

Leafy Greens

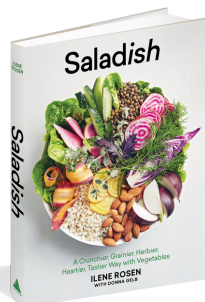
Smoothies

- #1** Thoroughly wash greens (and other fruits and veggies).
- #2** Put 2 cups (tightly packed) of greens in blender.
- #3** Add 2 cups of water and blend until smooth. (Can substitute in other liquids like juice, coconut water, or nut milks. Watch for added sugars, fats and calories).
- #4** Add 3 cups of fruit (and veggies) and blend again until smooth. If you are new to green smoothies try starting out with fruits in the same color family. They will often have complimentary flavors that will blend well together. (i.e. (pineapple, mango, banana); (blueberries, strawberries, cherries); (nectarines, cantaloupe, carrots)).
- #5** Enjoy now, or store for later. Store in an airtight container. Add a squeeze of lemon or lime to minimize oxidization (turning brown). Drink or freeze within 24 hours.



Kitchen Inspiration

Saladish: amplifying vegetables to
create new ideas for salads



Winner, 2019 James
Beard Award for Best
Book of the Year in
Vegetable-Focused
Cooking

Live Well:

Who broke the lunch break?

The Splendid Table:
Episode 677: Do We All
Eat the Same?
splendidtable.org



Plant Love:

Help minimize food waste and help families in
need access healthy fruits and vegetables,
with the National Gleaning Project.



nationalgleaningproject.org

Food+Art+Science

Art-Inspired Salad Just Tastes Better

Tip: If viewing
online, click the
code or the web
address to visit
the link.

NPR: The Salt
npr.org/sections/thesalt



YOU SMALL BUSINESSES YOU



Hi! My name is Dr. Victoria LeBeaux. I'm the founder of Hortiki Plants and I truly appreciate your support for small businesses! Here's a little bit about Hortiki Plants' mission to share love in all that we do. You power this mission and Hortiki Thanks you!



People

We want to help you live your best plant life, no matter how small your space or how little gardening experience you have.



The Planet

We know you want to garden in an earth friendly way but may struggle to find the right materials. We will do our best to source the most eco-friendly materials we can find. That means minimal use of plastic, materials made from plants, and using eco-friendly printing and packaging materials.



We'll also try to source locally whenever possible and from trustworthy organizations.

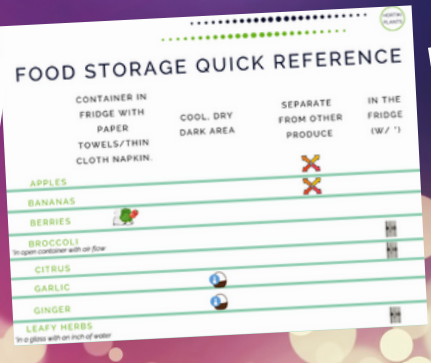
Communities in Need

You want to support business that serve and help communities. Hortiki is of the same heart and mind. 5% of Hortiki Plants profits are donated to organizations helping people and communities grow.



hortikiplants.com/freeresources

PLEASE DON'T STOP THE MUSIC.



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!

Leave a [product review](#) online:

hortikiplants.com



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

Tag [@hortikiplants](#) on social.

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

Contact us:

contact@hortikiplants.com