



HORTIKI PLANTS  
Eco-friendly Garden Kits

# ORGANIC WATERMELON

Growing Instructions



# KIT CONTENTS

Organic Watermelon Seeds  
Three Gallon Grow Bag  
Bamboo Label  
Organic Potting Soil Wafer  
Coconut Coir Grow Brick  
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.



CONTACT@HORTIKIPLANTS.COM  202.735.1511



# 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 five evenly spaced holes in your potting mix, 1 inch deep. Plant one seed per hole and cover. Place in a warm location. Keep the rest of your seeds for future plantings.

## KEEP WARM DURING GERMINATION

Place in a warm area and wait for seeds to sprout (~7 days). Keep soil moist but not soaking wet. Water seeds gently every 1-2 days or when soil is dry.

## MONITOR HEAT, LIGHT, MOISTURE

Once seeds have germinated, move your sunniest spot. (Aim for at least 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 green leaves.

Keep moist but never soaking wet.

## **THIN SEEDLINGS**

After 2 weeks, thin your seedlings to make room for vigorous growth. Using sharp scissors snip off the weakest looking plants.

## **FERTILIZE**

To enhance growth add organic compost or worm castings after 4 weeks around the base of the plants and continue regularly according to fertilizer instructions.

## **GROW HAPPY PLANTS**

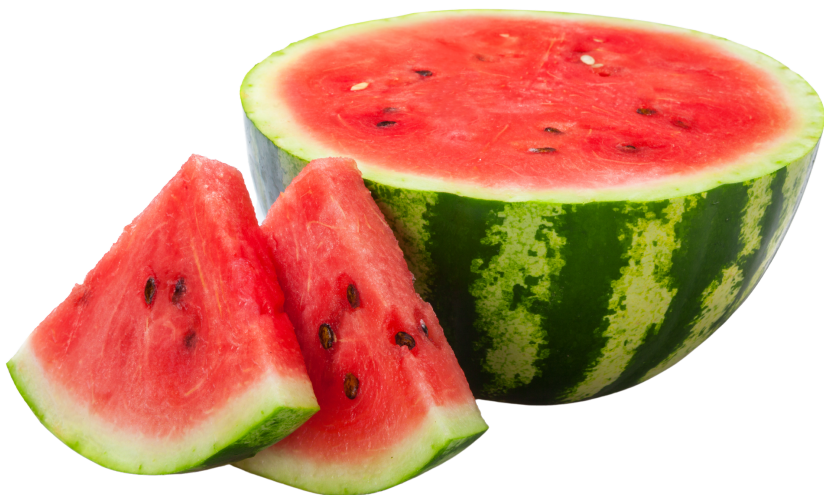
Keep your plant in the sunniest spot you have. The more light your plants have, the better they will grow. South and west spaces will get the most light. Water every 1-2 days or when the soil feels dry one inch below the surface.

## **STAKE**

Watermelons can grow along the ground. However, if desired, to save space you can gently tie your vines to stakes as they grow. Use fallen branches or purchase gardening stakes. Staking your plants can help them get more sun. It can also protect your plants from pests and diseases.

## **HARVEST**

Harvest your melons when the underside turns a buttery yellow. Harvest by gently pulling the fruit from the plant.  
Time from seed to harvest: 75-90 days



# Minty Cucurbit Salad Bowl

Prep/Total Time: 20 min.

## INGREDIENTS:

- 8 cups cubed seedless watermelon
- 4 cucumbers, halved lengthwise and sliced
- 1/2 cup chopped chives
- 1/4 cup minced fresh mint
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Grow your own  
chives and other  
herbs with  
Hortiki's Organic  
Herb Garden Kit:



[hortikiplants.com/shop](https://hortikiplants.com/shop)

In a large bowl, combine watermelon, cucumbers, chives and mint. In a small bowl, whisk remaining ingredients. Pour over salad and toss to coat. Serve immediately or refrigerate, covered, up to 2 hours before serving.

Yield: 16 servings (3/4 cup each).

Nutritional Information:

3/4 cup: 60 calories, 3g fat (0 saturated fat), 0 cholesterol, 78mg sodium, 9g carbohydrate (8g sugars, 1g fiber), 1g protein.



# FUN IDEAS

## EAT WELL

Learn about the benefits of lycopene, a health booster found in summer melons and how eating melon along with other fruits and vegetables can help your health.

Lycopene

## SYNERGY

"THE BENEFIT OF A DIET RICH IN FRUITS AND VEGETABLES IS ATTRIBUTED TO THE *COMPLEX MIXTURE* OF PHYTOCHEMICALS PRESENT IN WHOLE FOODS."

LIU, RUI HAI. 'POTENTIAL SYNERGY OF PHYTOCHEMICALS IN CANCER PREVENTION: MECHANISM OF ACTION.' THE JOURNAL OF NUTRITION 134.12 (2004): 3479S-3485S.

Flavonoids

$\beta$ -carotene

hortikiplants.com/blog

CUCURBITS ARE GREAT - BUT SYNERGY IS BETTER.



[hortikiplants.com/blog](http://hortikiplants.com/blog)

## LIVE WELL:



Who broke the lunch break?

The Splendid Table:  
Episode 677  
[spendidtable.org](http://spendidtable.org)

## PLANT LOVE:



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

[nationalgleaningproject.org](http://nationalgleaningproject.org)

*Tip: On most phones, your normal camera can scan the QR code. No extra app needed*

# 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 business! 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

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



## The Planet

I know you want to garden in an earth friendly way but may struggle to find the right materials.



I will do my best to source the most eco-friendly materials I can find.

That means minimal use of plastic, materials made from plants, printing on recycled papers using vegetable based inks, and packaging from recycled materials. I'll also try to source local 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](https://hortikiplants.com/freeresources)

PLEASE DON'T STOP THE MUSIC.



FOOD STORAGE QUICK REFERENCE			
CONTAINER IN FRIDGE WITH PAPER TOWELS/THIN CLOTH NAPKIN.	COOL, DRY DARK AREA.	SEPARATE FROM OTHER PRODUCE	IN THE FRIDGE (W/ /)
APPLES		X	
BANANAS		X	
BERRIES			
BROCCOLI			
CITRUS			
CABBAGE			
GINGER			
LEAFY HERBS			



# 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:



Share photos and videos of your product and your plant journey!

Tag [@hortikiplants](#) on social.

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

Contact us:

[contact@hortikiplants.com](mailto:contact@hortikiplants.com)