



"Just Add Water" MICRO-GROWER KIT

DIRECTIONS for USE

Prepare seed: *Your kit contains 3 types of large seed which are easy to grow.*

Large seeds: Soak for 10-12 hours in cool water:

Peas: Use 3/4 cup of seed

Sunflowers: Use 1/2 cup of seed

Buckwheat: Use 3/4 cup of seed

Drain (Suggestion: use a strainer).

Let sit for 4-8 hours to continue germination, preferably allowing drainage to continue.

(Suggestion: use jar or other container, place on angle to permit drainage)

Small and medium seeds are generally more difficult to grow into micro-greens. Master those in your kit first:

Small "specialty micro-green" seeds (eg Mustard, Kohlrabi, Purple Cabbage, etc):

- Use 2 teaspoons of seed per tray. **Do not soak.**

Medium size seeds (eg Radish, Fenugreek, Swiss Chard):

- Use 2 Tablespoons of seed per tray. **Do not soak.**

If you are on well water we recommend sanitizing your seed. You can purchase Food Grade 35% Hydrogen Peroxide for this purpose from www.SproutMaster.com (use 1/2 tsp per 2 cups water).

Prepare growing trays:

1. Spread 1 sheet of paper towel in bottom of tray, and then 1/2 bag of growing medium in one of the trays (to a depth of approximately 1/4-1/2"). For large seed: if growing medium barely covers bottom of tray, that is Ok. *Small-medium seeds: use 1.5" depth*
2. Dampen (don't soak) growing medium and gently flatten the soil with your hand.
3. You may wish to place a pan or tray underneath to catch any moisture and particles which drain out of the holes in the black tray.
4. Place AWAY FROM direct sunlight. Darkness is fine for the first 3-4 days. Ambient (indirect) light is sufficient for all growing stages.

NOTES:

- *The growing medium provided is composed of peat moss & perlite*
- *Replacement growing medium options: Use:*
 - *a similar soil-less growing mix, or*
 - *a high quality organic potting soil (poor quality may contain fungi and other organisms which can impede growth)*

Sow seed:

1. Spread seed evenly over growing medium. Crowded seed is Ok (single layer best).
2. Lightly press seeds into soil.
3. Cover with paper towel (unbleached is best) & mist generously using a mister/spritzer or spray nozzle on tap. **OR,**
4. Gently mist seed generously, then invert 2nd black tray and place on top of seeded tray.





Watering: Gently rinse or spray twice per day, using a spray bottle (spritzer/mister), watering can or kitchen tap with spray nozzle.

- Don't let seedlings or growing medium dry out, but also don't drown seed.

Light: Up until now the seeds have been sprouting in darkness. To green them up, remove paper towel when seedlings reach a height of approx. ½ inch (3-4 days after planting).

At this point, seedlings can be exposed to INDIRECT sunlight.

Growing time:

Many factors affect growing time including temperature, light, moisture & humidity. Pea Shoots, Sunflowers Greens & Buckwheat Lettuce take 10-12 days.

Sunflowers & Buckwheat: De-shelling:

Many shells (husks) will pop off as seedlings grow. Remove remaining ones by:

1. 2 days before harvest, mist tops
2. Loosely cover with plastic wrap to increase humidity
3. Mist lightly 2x daily for next 2 days
4. Brush lightly with your hand over tops; shells should come off easily

Harvesting: Harvest by cutting stems above roots with scissors or sharp knife

- Micro-greens keep longer when packaged DRY, so cut 12 hours after final watering
 - Harvest when shoot has reached a height of:
Pea Shoots: 6-8"
Sunflower Greens & Buckwheat Lettuce: 3-5"

Storage:

- Let Buckwheat lettuce stems dry out for a few minutes before packaging.
- Store in fridge in airtight container or recloseable bag for 1-2 weeks.

Clean up:

- The root mats make wonderful compost!
- Wash trays inside and out with a scrubbing brush and warm soapy water. Let air dry.
 - This is important to remove bacteria and fungi which can inhibit growth in the next batch you grow.
- Sanitize tray with a solution of vinegar, food grade Hydrogen Peroxide, or bleach.

Ready for more seed? Go to
www.FourSeasonGreens.com

