



**NATUREiT**

Grow with us

[www.natureit.co](http://www.natureit.co)






# NATUREIT

SEEDS DIDN'T SPROUT?

DO NOT WORRY! JUST CONTACT US AT  
GROW@NATUREIT.CO AND WE WILL GLADLY SEND YOU  
MORE SEEDS AND WALK YOU THROUGH THE PROCESS TO  
GET THE BEST RESULTS.

SIMPLY SEND US A MESSAGE AND WE WILL MAKE SURE  
YOU GET THE BEST EXPERIENCE POSSIBLE!

**Scoville Heat Units:** The ranges of Scoville Heat Units (SHU)  
typically used to call a pepper mild, medium, hot, or extra hot are:

- Mild\_\_\_\_\_ (100 to 2,500) 
- Medium\_\_\_\_\_ (2,500 to 30,000) 
- Hot\_\_\_\_\_ (30,000 to 100,000) 
- Extra Hot\_\_\_\_\_ (100,000 to 300,000) 
- Extremely Hot\_\_\_\_\_ (above 300,000) 

## Kit Contains:

- Instruction Manual – This manual is your guide. You can also find it online at [www.natureit.co](http://www.natureit.co)
- 4 Biodegradable Pots – Used for replanting in the ground.
- 4 Peat Soil Discs – Expandable and contains fertilizers for best germination.
- 4 Plant Tags – To mark seed names and dates indicating milestones (i.e., sowing date).
- 4 Seed Packets –

Questions or concerns? Email us at [Grow@natureit.co](mailto:Grow@natureit.co) and we will happily answer your questions!

Our goal is to create the best growing experience as possible for our fellow growers

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## **Tabasco Pepper** –

The Tabasco pepper is a variety of the chili pepper species *Capsicum frutescens* originating in Mexico. It is best known through its use in Tabasco sauce, followed by peppered vinegar.

Estimated time to sprout: 25-30 days.

Time to harvest: 75-90 days.

SHU: 30,000 to 50,000



## **Habanero Pepper** –

The Habanero chili comes from the Amazon, from which it was spread, reaching Mexico. The Habanero is named after the Cuban city of La Habana, known in English as Havana.

Estimated time to sprout: 7-10 days.

Time to harvest: 75-90 days.

SHU: 100,000 to 350,000



## **Jalapeño Pepper** –

The Jalapeño is a medium-sized chili pepper pod type cultivar of the species *Capsicum annuum*. A mature Jalapeño chili is 5–10 cm long and hangs down with a round, firm, smooth flesh of 25–38 mm wide.

Estimated time to sprout: 14 days.

Time to harvest: 90-120 days

SHU: 2,500 to 8,000



## **Cayenne Pepper** –

The Cayenne pepper is a type of *Capsicum annuum*. It is usually a moderately hot chili pepper used to flavor dishes. Cayenne peppers are a group of tapering, 10 to 25 cm long, generally skinny, mostly red-colored peppers, often with a curved tip and somewhat rippled skin, which hang from the bush as opposed to growing upright

Estimated time to sprout: 16-20 days.

Time to harvest: 75-90 days

SHU: 30,000 to 50,000





## Preparing the seeds

You will only need to sow about 7 seeds in each pot. You can keep the rest in the packet and stored in a cool, dark place for future use (be aware of the expiration date!).

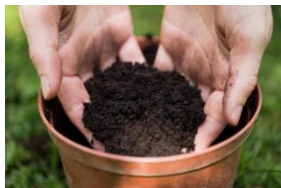
Before planting the seeds it is recommended to soak them in room temperature water (20°C/68°F) for 8-12 hours.



- Do not use hot water.
- Soak the seed types separately, to not mix them up.
- Do not soak more than 16 hours.

## Preparing the Soil

Place the peat soil disc in the middle of a large bowl and pour ½ a glass of room temperature water around it. Then slowly add small portions of water on the disc and let the soil expand on its own. Repeat this process until it reaches about 6-7 times its original size. It can take 20-30 minutes for the full process. Once the disc is expanded, crumble the soil, squeeze it firmly to drain any excess water. Continue to drain the water until the soil is slightly wet, yet fluffy and does not have water dripping out.



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## Filling the Pots

Slowly sprinkle a handful of soil in the pot. Repeat this action without pressing or tightening the soil down, until it reaches ½ inch from the top of the pot. You need to keep the soil airy so the water will properly drain to prevent the growth of mold. Save any leftover soil to use in the next step.



## Sowing the seeds

Using your finger, create multiple small ¼ inch holes in the soil and place a single seed in each hole. A pot should contain about 7 seeds. Gently cover the seeds with about ½ inch of the remaining soil. Do not press or tighten the soil on top of the seeds. Spray some water on top of the soil to moisten it.



*Use the plant marker to label the pot with the seed name and sowing date*

**Additional Step:** Place your pots where the water can drain from the bottom and frequently remove any water from beneath the pots. We recommend keeping your plants indoor for the first stage of germination. See the next step for tips on how to best germinate your peppers.

## How to Get The Best Germination Rate

1. Remember to spray the plant with water on a daily basis!
2. Do not expose to direct sunlight.
3. Keep in a well ventilated place to allow airflow and prevent mold.
4. Make sure the soil is moist but NOT saturated with water.
5. Keep the soil temperature at about 70-80 Fahrenheit.



## Sprouting

Once the first seedlings begin to appear it is recommended to start exposing the plants to indirect sunlight. After they reach about 1 inch in size- start exposing it to direct sunlight for 30-45 minutes a day. Keep watering checking the soil daily. Make sure not to expose the plants to too much heat or cold.

## Growing

After about 15 days from sprouting, when your little seedlings are growing nicely and are already a few inches in height, you should start exposing them to sunlight as much as possible, still keeping them from extreme heat or cold. Keep watering them, keeping the soil moist but not wet, checking for water to drain at the bottom, and keep the plants well ventilated to prevent mold as much as possible. You can also start using fertilizers to strengthen your growing plant.

## Replanting

We recommend re-planting in a larger pot or in the ground after a period of 1.5 months or so. Before re-planting, make sure you cut off the bottom of the pot to allow the roots to develop deeper.



**Tip:** Fertilizing your plants can help them grow faster and stronger. If you want to learn on how to fertilize your plants contact us at [Grow@natureit.co](mailto:Grow@natureit.co).

## Having Trouble? Seeds Not Germinating?

### No Worries!

You can use the same pots and soil and have another go with the seeds you kept aside. Simply repeat the procedure to see if your seeds can successfully sprout. If that didn't do the trick please contact us at [Grow@natureit.co](mailto:Grow@natureit.co) and we will be happy to provide you with alternative seeds and make sure you will get the best experience!

### A few important notes to successfully grow your plants:

1. Peppers thrive in areas with a strong morning sun and a slightly acidic soil pH (about 5-6). Do not over water your pepper plants, as overly moist soil will affect the roots and make your peppers bitter. A good rule of thumb is to only water the plants when the soil is dry.
2. Do not overwater your plants! Check to make sure *1 inch* of the surface is moist. That is enough for your plant to grow healthy and strong.
3. Spray water rather than pouring directly on the plants.
4. If your plants are in a cold environment during the Germination stage, place your pots next to an electrical device that generates heat.
5. Mold is natural – If you find mold growing on your plants, gently remove the mold and do not water your plant for 1-2 days. Relocate the plants in a well-ventilated area and allow the soil to dry out a bit.
6. Keep your garden weeded – weeds take water that your plants will need.

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