



NATUREiT
GROW WITH US
www.natureit.co

HAVE ANY QUESTIONS? SEEDS DIDN'T SPROUT? DON'T 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 POSSIBLE.

JUST EMAIL US AND WE WILL MAKE SURE YOU GET THE BEST
EXPERIENCE POSSIBLE!

Kit Contains:

Instruction Manual

This manual is your
guide. You can also
find it online at
www.natureit.co



4 Peat Soil Discs

Expandable and
contains fertilizers
for best germination.



4 Biodegradable Pots

Used for replanting in
the ground.



4 Plant Tags

To mark seed names
and dates indicating
milestones (i.e., sowing
date).



4 Seed Packets –

Parsley – A species of flowering plant in the family Apiaceae
that is native to the central and eastern Mediterranean region,
but has been naturalized elsewhere in Europe, and is widely
cultivated as a herb, and a vegetable. Parsley is
widely used in European, Middle Eastern, and
American cuisine.

Estimated time to sprout – 14-21 days.

Time to harvest: 60-90 days



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your questions!

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Cilantro / Coriander – Coriander is an annual herb in the family Apiaceae. It is also known as Chinese parsley, dhania or Cilantro. All parts of the plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.

Estimated time to sprout – 14-21 days.

Time to harvest: 60-90 days



Basil – Basil, also called great basil, is a culinary herb of the family Lamiaceae. Basil is native to tropical regions from Central Africa to Southeast Asia. It is a tender plant, and is used in cuisines worldwide. There are many varieties of basil, while the most common one is called Sweet Basil.

Estimated time to sprout – 10-15 days.

Time to harvest: 60-90 days



Sage – a perennial, evergreen subshrub, with woody stems, grayish leaves, and blue to purplish flowers. It is a member of the mint family Lamiaceae and native to the Mediterranean region, though it has been naturalized in many places throughout the world. It has a long history of medicinal and culinary use, and in modern times it has been used as an ornamental garden plant.

Estimated time to sprout – 14-21 days.

Time to harvest: 120-180 days



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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.

Do not soak more than 16 hours.

Soak the seed types separately, to not mix them up.

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.



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 $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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.

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 herbs.

How to Get the Best Germination Rate

- Remember to spray the plant with water on a daily basis!



- Do not expose to direct sunlight.



- Keep in a well ventilated place to allow airflow and prevent mold.



- Make sure the soil is moist but NOT saturated with water.



- 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.

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 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:

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. A good rule of thumb is to only water the plants when the soil is dry.

Spray water rather than pouring directly on the plants.

If your plants are in a cold environment during the Germination stage, place your pots next to an electrical device that generates heat.

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 to a well-ventilated area and allow the soil to dry out a bit.

Keep your garden weeded – weeds take water that your plants will need.

Visit us on www.natureit.co for more tips, FAQ's and tutorials.

