



## Growing your seeds

- STEP 1:** Add 1-3 seeds into each Rockwool cube.
- STEP 2:** Lightly water each cube until wet right through.
- STEP 3:** Put cubes on a dish or in a growing dome and put in a warm sunny spot. Keep damp.



- STEP 4:** Seeds will germinate over a few days depending on season and seed type. Once seedlings are about the size of the ones in the image, it is time to transfer them to the cups.



SEEDLING IN CUP

