

# THANK YOU FOR SUPPORTING OUR SMALL BUSINESS



# MICROGREEN KIT



## GROW INSTRUCTIONS

### | PLANTING SEEDS |

- + place a hemp mat in the slotted tray & mist lightly + spread seeds evenly across mat and mist again

### | INCUBATION PERIOD |

- + put solid tray on top of seeds & weight with 3-5 lbs
- + leave seeds covered and weighted for 3-4 days + after day 2 lift tray to check seeds & mist daily

### | GROWING PERIOD |

- + put solid tray under slotted near sun or grow lights + bottom water twice daily so the mat is always moist

### | HARVESTING |

- + harvest when the plants are about 2 inches tall
- + use scissors or knife & cut 1/2 inch above the mat