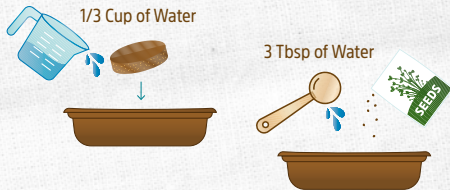


# MICROGREENS GROW KIT INSTRUCTIONS

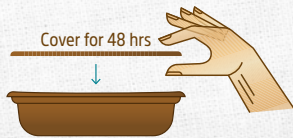
## 1 EXPAND THE SOIL & PLANT YOUR SEEDS

Place the organic soil disc in the grow tray and add 1/3 cup of water on top. Allow 30 seconds for the soil to expand, then spread it out in an even layer along the bottom of the tray. If parts of the soil remain dry, add more water in 1 Tbsp increments until it's fully expanded. Open the seed packet and sprinkle all seeds evenly across the soil. **Add an additional 3 Tbsp of water** over your seeds to help with germination.



## 2 COVER YOUR TRAY FOR 48 HRS

Place the lid on top of the grow tray and **leave covered for 48 hours**. **There's no need to add more water during this time**. Covering the tray helps keep your seeds moist & gives them the best chance to grow! When you remove your lid, you should see little sprouts popping out of your soil! 🌱



**Note:** Bottom of tray can get damp. Use coaster on sensitive surfaces.

See the silky white fibers near your seeds?  
Those are healthy roots starting to grow!



This garden is 100% Guaranteed to Grow! Not Growing? Not a problem. We're here for you! Find FAQs or contact us at [BACKTOTHEROOTS/FAQ](https://www.backtotheroots.com/FAQ)

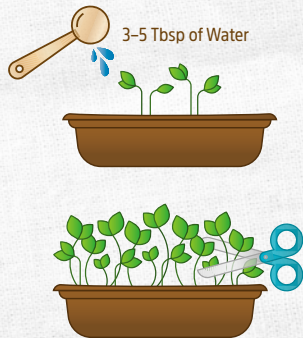
# MICROGREENS GROW KIT INSTRUCTIONS

## 3 ONGOING WATERING: 3-5 TBSP PER DAY

Add 3-5 Tbsp of water per day until harvest. Microgreens grow well in direct or indirect light, but watering levels can vary based on temperature & amount of sunlight. If you notice your plants drying out, add an extra 1-2 Tbsp per day.

## 4 HARVEST YOUR GREENS BETWEEN DAY 7 AND DAY 10

You can begin harvesting your microgreens just 7 days after planting. Harvest some each day (just a pinch goes a long way!) or all at once – it's up to you! Use scissors to cut stems just above the soil, and wash them thoroughly before eating. Be sure to harvest all your greens by Day 10 – they'll stay fresh in your refrigerator for several more days. Delicious recipes available at [backtotheroots.com](http://backtotheroots.com)! 🍴



Grayson — San Diego, CA

**#GROWONEGIVEONE**    

Help us make gardening a part of every school curriculum! Share a photo with your Microgreens Grow Kit & we'll donate one to a classroom of your choice. **TAG @BACKTOTHEROOTS & #GROWONEGIVEONE.**