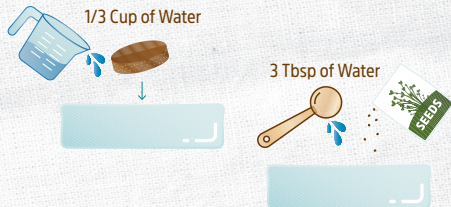


1 EXPAND THE SOIL & PLANT YOUR SEEDS

Place the organic soil disk in the ceramic planter 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. If parts of the soil remain dry, add more water in 1 Tbsp increments until it's fully expanded. Open the enclosed 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 ceramic planter and cover for 48 hours. **There's no need to add more water during this time.** Covering the tray helps to keep the seeds moist & gives them the best chance to grow! When you remove your lid, you should see sprouts popping out of your soil. 🌱



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

Instructions continued on back



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)

3 ONGOING WATERING: 3-5 TBSP PER DAY

Add 3-5 Tbsp of water per day until harvesting. Microgreens grow well in direct or indirect light, but watering periods vary based on the temperature & amount of sunlight. If you see 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 or all of them at once – it's up to you! Use scissors to cut the 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.



Seed Refills along with delicious recipes are available at 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.