

MICROGREEN SEEDS REFILL VALUE PACK

INSTRUCTIONS

1 ADD SOIL & PLANT YOUR MICROGREENS

Expand a replacement soil disc in the ceramic planter, or fill it with ready-to-use soil. Sprinkle **one Tsp of seeds** evenly across the soil, and add $\frac{1}{3}$ cup of water to ensure all of the soil is moist.

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 and 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)

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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 and amount of sunlight. If you see our 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

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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.

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