



Window Herb Garden

Hooray! You are starting the journey of growing herbs right on your window! Forget windowsills, the innovative Livi Pots included in this kit have micro suction cups that get your herbs growing where you have the most light available.

Here's a step-by-step guide on how to grow the seeds included in your Garden Therapy Kit!

MATERIALS

- Garden Therapy Indoor Herb Collection Seeds
- Livi Pots
- Seed-starting soil mix
- Plastic sandwich bags (optional)

GROW IT!

1. Mix some of the seed-starting soil and water in a large bowl to moisten it. It should be moist, but not soggy.
2. Add a small piece of newspaper or a piece of a coffee filter to the bottom of the insert pot. This will prevent soil from coming through the holes.
3. Fill each of the small plastic insert pots with loosely packed soil mix and make an indent in the top with your finger.
4. Plant 3-5 seeds in each indent and use your finger to cover them with soil.
5. Remove the film from the suction cups on the Livi Pots and attach them to a clean window, using the instructions provided with the pots. Insert the plastic pots of soil and seeds.
6. To create a mini greenhouse to germinate the seeds, cover the pot insert loosely with a plastic sandwich bag. Remove the bag for a moment each day to air it out.
7. Once the seedlings emerge, remove the bag altogether and let the seedlings bask in the sunlight.

GARDEN *trends*™

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A Few Notes

The Right Light. For this collection, we picked herbs that love the sun, so they are perfect for growing on a window. Even so, you want to choose a bright window with limited direct sunlight. A full day on a south-facing window will likely be much too hot for the herbs, so look for a nice, bright space and a window that gets plenty of indirect light.

Planting Medium. Soil is full of microbes, bacteria, and critters. That's great for the garden but bad for seed starting. Look for a soilless seed-starting mix that is sterile. It will give your seeds the best start.

Labeling. Those little green sprouts look pretty similar when they first pop up. We have included a cool chalk writer so you can label the herbs right on the window! Feel free to get creative and really decorate your view.

If you take any photos for social media, please tag them with #gardentherapyseeds so we can see them!

Thinning. If you planted more than one seed, then it's pretty likely that you have more than one seedling (germination rates are one of the things GardenTrends is pretty serious about!). In small pots, it's best to reduce the crop down to one plant to avoid overcrowding. Grab a clean pair of scissors and snip all but the strongest seedling in each pot – don't pull! Pulling can disrupt the roots.

Watering. Make sure you keep the seeds hydrated by watering them enough so that the growing medium stays moist at all times. Don't overwater, though—the growing medium should be damp to the touch, but never soggy. Your Livi Pots have a built-in water reservoir, so you can fill it up and let the soil wick the moisture up as required.

Harvesting. As your herbs grow, you will surely want to harvest and eat them. Use a clean pair of scissors to harvest leaves. Start by pulling off a leaf or two when the plant is at least 3" tall or clip off the top few leaves and the plants will sprout more stems and get fuller.

Transplanting. As the seedlings grow into plants that are too large for the pots, you can move them outside to keep growing (as long as you have passed the Last Frost Date in your area). Repot the herbs into larger pots and slowly introduce them outside (in the shade) to harden them off. After a week of gradually increasing outside time, they should be ready for the garden! Then, you can plant more seeds in your Livi Pots and the cycle continues.

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INDOOR HERBS

Your kit includes three perennial herbs (Green Sage, Oregano, and Winter Thyme) and three annual herbs (Purple Ruffles Basil, Italian Dark Green Parsley, and Thai Basil). These six herbs will give you a great variety of flavors and prolific plants. The herbs can be successfully started from seed indoors and continue to grow there as you harvest and enjoy them. You can also move the plants out to the garden as they grow larger and continue to grow them for this season and (for the perennials) many years to come!

If you have a set of three Livi Pots, start the perennial herbs (Green Sage, Oregano and Winter Thyme) first, then move them to larger pots or to the garden when they grow to 3" tall and then start the annual herbs (Purple Ruffles Basil, Italian Dark Green Parsley, and Thai Basil). If you have a full window garden of six pots, you can grow them all at once!

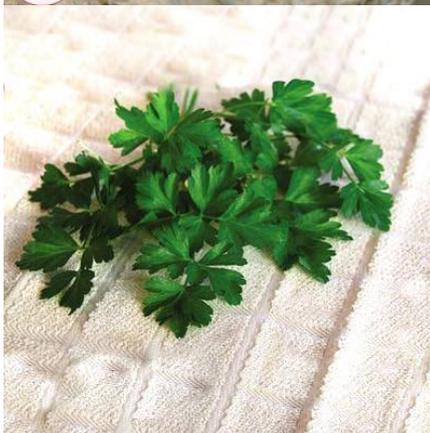


Purple Ruffles
Basil

Annual

Seeding Time: Spring
Days to Germination: 10 – 14
Seeding Depth: 1/8 – 1/4"
Weeks to Transplant: 6 – 8
Soil Temperature: 75°F
Transplant Spacing: 1'

Transplant outdoors in a full sun location after the last possibility of frost has past. Plant in well-drained, rich soil (pH 6.0).



Italian Dark Green
Parsley

Annual

Seeding Time: Spring
Days to Germination: 14 – 28
Seeding Depth: 1/4"
Weeks to Transplant: 6 – 8
Soil Temperature: 70 – 75°F
Transplant Spacing: 6 – 8"

Parsley requires adequate moisture for germination. Presoak seed in lukewarm water overnight. Transplant outdoors in a part shade to full sun location.



Green Sage

Perennial

Seeding Time: Spring or Summer
Days to Germination: 5 – 14
Seeding Depth: 1/8 – 1/4"
Weeks to Transplant: 6 – 8
Soil Temperature: 75°F
Transplant Spacing: 1.5'

Transplant outdoors in a full sun location in well-drained garden soil.

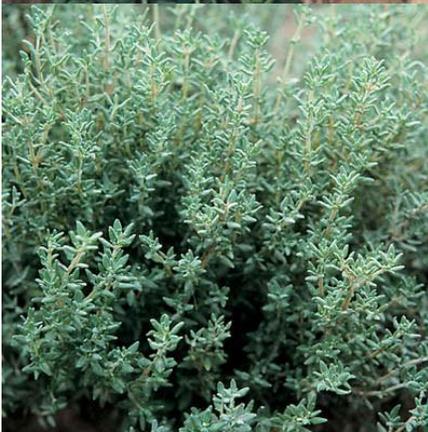


Oregano

Perennial

Seeding Time: Spring
Days to Germination: 7 – 14
Seeding Depth: 1/8"
Weeks to Transplant: 8 – 10
Soil Temperature: 65°F
Transplant Spacing: 1'

Lightly cover seeds with sterile starter mix, as oregano needs light to germinate. Transplant outdoors in a generally sunny spot in well-drained garden soil.



Winter Thyme

Perennial

Seeding Time: Spring
Days to Germination: Up to 21
Seeding Depth: 1/8 – 1/4"
Weeks to Transplant: 8 – 10
Soil Temperature: 70°F
Transplant Spacing: 6"

Transplant outdoors in a partial to full sun location in light, very well-drained garden soil. Thyme suffers in wet soils. Maintain even moisture while germinating.



Thai Basil

Annual

Seeding Time: Spring
Days to Germination: 10 – 14
Seeding Depth: 1/8 – 1/4"
Weeks to Transplant: 6 – 8
Soil Temperature: 75°F
Transplant Spacing: 1'

Transplant outdoors in a full sun location after the last possibility of frost has past. Plant in well-drained, rich soil (pH 6.0).

GARDENTRENDS™