



Superfood Garden

Superfoods are vegetables that you can grow in your garden that pack an extra punch. They are full of extra nutrients or have special minerals that make them even more nutritious than usual. This collection will allow you to grow a Super Garden this year and get the most nutritional benefit in every bite!

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

MATERIALS

- Garden Therapy Superfood Collection Seeds
- Seed-starting journal
- Seed-starting soil mix
- Newspaper
- Esschert Paper Pot Maker
- Recycled salad mix box with lid
- Plant labels

GROW IT!

Download and print the seed-starting journal here: <https://gardentherapy.ca/get-growing-printable/>

Follow the instructions on the seed-starting journal to calculate the date to start each one of the seeds in the collection.

Some of the seeds can be started right in the garden, while others are best started indoors before the last day of frost in your area.

INDOOR SEED STARTING

For Indoor seed starting, make biodegradable newspaper pots using the Esschert Paper Pot Maker.

1. Mix the seed-starting soil and water in a bucket to moisten it. It should be moist, but not soggy.
2. Make paper pots following the instructions included with the pot maker and fill with soil.
3. Set the pots in the bottom of a recycled salad mix box.
4. Make a small indent in the top of the soil and plant 2-3 seeds per pot, and cover lightly.
5. Label the planted seeds.
6. To create a mini greenhouse, cut some air holes in the lid of salad box and cover.
7. Once the seedlings emerge, remove the lid altogether and place the seedlings in bright light.

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A Few Notes

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

Labeling. Those little green sprouts all look pretty similar when they first pop up. Use plant labels to identify what seeds were planted so you can keep track of them. Wooden Popsicle sticks make inexpensive and biodegradable seed labels.

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.

The Right Light. The light requirements for each of the plants can be seen in the next section. Generally, a window is not enough light for starting seeds. For early seed starting indoors, a florescent grow light will help to give your seedlings a great start. The seeds will also do well in a greenhouse.

Soil Temperature for Germination. Soil temperature for Solanaceous vegetables (peppers, tomatoes, and eggplant) is critical for seed germination. Solanaceous crops need warmer soil to germinate, while Brassicas (broccoli and cabbage) require cooler soil. Use a soil thermometer to monitor soil temperature if you are experiencing difficulty in germination.

Watering. Make sure you keep the seeds hydrated by watering them enough so that the top layer of growing medium stays moist at all times. Don't overwater, though—the growing medium should be damp to the touch, but never soggy. To avoid washing out tiny seeds or damaging seedlings, try misting using a spray bottle.

Transplanting. Newspaper pots do not need to be removed when transplanting. They are strong enough to grow a seedling, but break down easily in the garden. Just be sure to plant all of the paper below the soil, otherwise they will wick moisture away from the plant. When the seedlings grow too large for the paper pots, you can move them outside as long as you have passed the Last Frost Date. If it is still too early, put the newspaper pot into a larger pot filled with soil until you have reached the safe planting date. 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!

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SUPERFOOD COLLECTION



Lunchbox Mix
Pepper

Annual

Seeding Time: Early Spring
Days to Germination: 10 – 20
Seeding Depth: ¼ – ½”
Weeks to Transplant: 6 – 8
Soil Temperature: 80°F
Transplant Spacing: 15” x 24”

60 days (from transplant) to green. 75 – 80 days for color. Sow seed indoors in sterile soil mix. A heat mat is recommended to hold soil temperature at 80°F until seed has germinated, then lower to 70°F. Requires moderate moisture to germinate. Transplant to the garden after any threat of frost has passed.



Indigo™
Blue Berries
Tomato

Annual

Seeding Time: Spring
Days to Germination: 7 – 14
Seeding Depth: ¼ – ½”
Weeks to Transplant: 5 – 6
Soil Temperature: 75°F
Transplant Spacing: 2’ x 4’

75 days (from transplant). Indeterminate. Sow seed indoors in sterile soil mix that drains well. Requires moderate moisture to germinate. Grow seedlings at 75°F with plenty of light for 4 – 5 weeks. Reduce temperature in last week to 60 – 65°F to toughen plants for transplanting. Grow in large containers (with a cage) or directly in the ground.

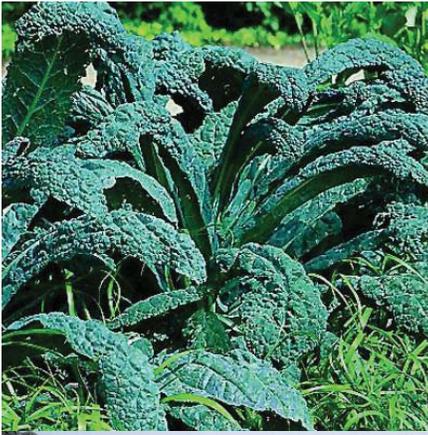


Tasti-Lee®
Tomato

Annual

Seeding Time: Spring
Days to Germination: 7 – 14
Seeding Depth: ¼ – ½”
Weeks to Transplant: 5 – 6
Soil Temperature: 75°F
Transplant Spacing: 2’ x 3’

75 days (from transplant). Determinate. Sow seed indoors in sterile soil mix that drains well. Requires moderate moisture to germinate. Grow seedlings at 75°F with plenty of light for 4 – 5 weeks. Reduce temperature in last week to 60 – 65°F to toughen plants for transplanting. Grow in patio containers (trellised or staked) or directly in the ground.



Lacinato
Kale

Annual

Seeding Time: Spring and Summer
Days to Germination: 5 – 10
Seeding Depth: ¼ – ½”
Soil Temperature: 60°F minimum
Seed Spacing: 1 – 2” x 24 – 36”
Spacing After Thinning: 4 – 6”

30 days to baby leaf, 60 days to full leaf. Sow seed directly into thoroughly prepared soil outdoors through July. Requires moderate moisture to germinate. Thin seedlings after first true leaves develop. Kale will tolerate considerable cold when mature.



Rhubarb
Swiss Chard

Annual

Seeding Time: Spring and Summer
Days to Germination: 7 – 14
Seeding Depth: ½ – ¾”
Soil Temperature: 60°F
Seed Spacing: 1 – 2” x 18 – 24”
Spacing After Thinning: 4 – 6”

63 days. Sow seed directly outdoors in May and July for summer and fall harvest. Requires moderate moisture to germinate. Thin to spacing when plants are small in first 3 weeks. Harvest outer stems about 1” from the ground. Plants will continue to grow additional stems from the center.



Bull's Blood
Beet

Annual

Seeding Time: Spring and Early Summer
Days to Germination: 7 – 14
Seeding Depth: ½ – 1”
Soil Temperature: 60°F
Seed Spacing: ¾” x 14 – 20”
Spacing After Thinning: 2 – 3”

35 days to baby leaf, 58 days to full leaf. Sow seed directly into thoroughly prepared soil outdoors May through July. Requires moderate moisture to germinate. As first true leaves emerge, thin to 10 plants per ft. Thin again to 4 – 5 plants per ft. when large enough for beet greens.

Honeyboat
Delicata
Squash

Annual

Seeding Time: Late Spring
Days to Germination: 6 – 12
Seeding Depth: 1 – 1.5”
Soil Temperature: 70°F
Seed Spacing: 3 – 4” x 5 – 6’
Spacing After Thinning: 18 – 24”

90 days. Sow seed directly into thoroughly prepared, warm soil in June. Requires moderate moisture to germinate. Try growing squash in hills, sowing 3 – 4 seeds per hill and thinning to 2 strong plants later. Space hills in square pattern.

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