

Beginner's Grass & Greens Kit

One 8-Crop Tray Set

Planting is done in eight of the **5 Inch Square Trays**. The other eight are your **Covering Trays**.

The Solid Tray is the Container for the Planting tray.

The Seeds

8 Single Harvest packs (pre-measured to produce one crop on a 5x5 inch Tray)

Grass: Wheat, Kat, Barley, Rye or Spelt or Oats. **Greens:** Sunflower, Buckwheat, Pea Shoot, Spicy Salad Greens

Baby Blanket - soilless planting medium - 8 pre-cut pieces

Concentrated Liquid Kelp Fertilizer

Spray Bottle

Detailed growing instructions are on our web site. Please be sure to read them before beginning.

Pre-Sprouting

You will get the best results only if you sprout your seeds before planting them. You can sprout the seeds in any sprouter. If you do not have a sprouter you can use your trays. Soak in a jar or bowl (if you are growing Sunflower Greens be sure to keep them under water by using a weight of some sort – a plate or a lid (if using a jar) or something) for 8 - 12 hours. Empty into a tray and rinse and drain well (The small seeds can escape through the drainage holes - so consider a Jar or other sprouter for them – it will be much easier). Cover with your Covering Tray. Rinse and Drain well every 8 - 12 hours until you have that 1/4 inch root. This will happen within 1 - 3 days. That 1/4 inch root is perfect, a little more or less is fine too. Don't fret over it, this is nature not rocket science, you're going to do just great!

Planting

Soak the Baby Blanket pads in Kelp enriched water until thoroughly moist. Lay each pad in one of the Planting Trays. Spread your sprouted seeds evenly across the surface of the Baby Blanket in your Planting Tray. Cover the Planting Trays with the Cover Trays to keep light out and moisture in. You can set the base of the Cover right on top of the seeds for the first day or two - or you can invert it and use it as a dome - which you'll have to do as the plants grow anyway. Mist them - if at all possible - every day (with Kelp enriched water) to keep the seeds moist. The idea for the first 2-3 days is to keep the seeds/sprouts moist - once their roots bury themselves in the Baby Blanket you need only concern yourself with keeping the planting medium moist. Plants seek moisture and nutrients as they grow. When we grow on Baby Blanket we use Kelp to provide the nutrients. Once your plants are about an inch tall (2 inches for Pea Shoots + Sunflowers) you should remove the cover and move the trays to the brightest spot you have. If it is 65° or more outside you should consider moving them there. The taller the plants get the faster they drink up water, so keep the Baby Blanket moist - you can water thoroughly but gently (these plants are pretty tender) to keep the pad nice and wet and you can provide nutrients by spraying Kelp enriched water on the greens themselves (foliar feeding is the name for this practice). You can also use your Drip Tray to hold water! We leave a little Kelp enriched water in the Drip Tray when the roots start growing out of the Planting Trays. We just add water too the Drip Tray when needed - and we foliar feed to keep the plants even happier. They are done when they are 4 inches or more high or in the case Sunflowers or Buckwheat when their hulls have fallen off. In any case they should be green. Cut them just above the pad, remove any remaining hulls and eat some fresh greens or juice some fresh grass! You will do well to wash out your trays with soap and water or a sterilizing agent like dilute bleach water, between crops. Be sure to rinse them clean before planting again =:-}

Happy Sprouting!!!