

WHEAT GRASS KIT

**5 Pounds of Wheat, 1 Qt. Jar with Stainless Steel Screen Lid,
Two ½ Crop Tray-Sets, Coconut Coir, and Kelp Fertilizer**

Instructions for great 10 x 10 inch crops:

Yields about as much grass (by weight) as grain planted - between 5-10 ounces of Juice per 10 x 10 inch Tray.

Pre-Sprout

1. Put 1 cup of seed into your Jar. Fill with cool (60-70 degree) water. Screw Screen Lid on. Mix seeds up to assure even water contact for all. Allow seeds to Soak for 6-12 hours.
2. Drain off the soak water. Rinse thoroughly with cool water - fill jar, twirl around, empty, fill, twirl again and Drain thoroughly (Bounce jar up and down to get as much water out as possible). Set anywhere out of direct sunlight and at room temperature (70° is optimal) between Rinses.
3. Rinse and Drain again in 8-12 hours. The goal is to have a small root before planting. When most of the seeds have sprouted tiny ($\frac{1}{8}$ - $\frac{1}{4}$ inch) roots it is time to plant. This is typically after just 1-3 Rinse and Drain cycles.

Planting

1. Prepare your Coconut Coir by following the simple instructions on the brick.
2. Spread 3 Cups of Coir in the 10 x 10 inch tray with drainage slits.
3. Rinse and Drain your seeds one last time and then spread them across the Coconut Coir. Spread them out as evenly as you can. Spray lightly with water. If you have a sprayer on your sink, use that - it's perfect.
Note: We use a lot of grain and though some literature will tell you that your seeds should not ever lay atop each other, we have found from years of experience and thousands of Trays of Grass grown that that is bunk! Cover the planted tray with an inverted tray (the Cover Tray) - to keep light out and moisture in.
4. Place in a low-light, room temperature location. 70° is always optimal but Grass will grow very well in cooler temperatures also. Water lightly once or twice a day. The goal is to keep the sprouts moist until their roots bury themselves in the medium (in this case, Coconut Coir) - at which point your goal is to keep the medium moist. Spraying the sprouts is best - whether you use a hand sprayer or faucet sprayer - just try to make sure that every sprout gets rinsed and quenched until they bury their roots. Use Kelp as often you like - we usually do it every other watering. **Note:** We dilute our Kelp differently than the bottle calls for - we use 1 teaspoon per quart of water.

5. Water the medium. Once the roots are buried all you need to do is keep the medium moist - the seeds and subsequent grass will get the moisture they need through their roots - which are now buried in the medium. Water from the side, to prevent injuring the tender blades. Coconut Coir holds water better than anything, but this trick makes life even easier: Use the Drip Tray to hold some water. Just leave as much water as the Grass and Coir can drink in a day and then add more the following day. The amount is dependent on the climate (humidity especially) you're growing in, so you'll have to learn this for yourself. We suggest that you start with 1 cup in the Drip Tray. Lift the Planting Tray to see how much is left after 4, 8 and 12 hours. If the Drip Tray is dry add more water - if there is still water 24 hours later then cut back the next time you add water. It is really a time saver and produces happy healthy grass. The real issue is that if you leave too much water – especially Kelp water, sitting in the tray – it will get to smelling really foul! It doesn't hurt the grass, but it should be avoided – unless you like foul odors.
6. Uncover your Grass when it is 1-2 inches tall or it pushes the covering tray up (it really will do that – it's cool!) Move to a well-lit location to Green your Grass (If you use direct sunlight (a very good idea for grass) be prepared to do more watering). Keep it moist by watering the medium daily. Watch it grow. It takes about 10 days to get to harvest.
7. Harvest by cutting just above the Coconut Coir when the Grass is 6 or more inches tall (actually height is just a matter of yield - you can cut it any time you want to). We believe that you will get the best flavor and nutrition from freshly cut Grass. We cut JUST prior to juicing and we feel the difference! But, you are better off juicing week old Grass than no Grass at all, so do what you must! Drink More Juice!
8. If you are going to store your crop: During the final 8-12 hours minimize the surface moisture of your Grass - it will store best in your refrigerator if it is dry to the touch. So if you water, try to keep the water off the plants - just water the medium by watering around the edges or add water to the Drip Tray directly. Transfer your crop to a plastic bag or the sealed container of your choice and put them in your refrigerator.

Note: We sometimes juice our grass and pour it into ice cube trays – freeze it – and thaw / drink a cube or 3 when we want. Freezing is a great way to store your juice. Refrigeration doesn't work well – the flavor gets too spicy after just a day – so freeze it - or best - drink it fresh.

Another Note: Grass can produce a 2nd and even 3rd crop so you may continue to water the Tray after you cut your first crop. The additional crops are not as tender nor as big, but it is good to try growing at least a 2nd crop. Decide for yourself if it is worth it!

One last note, again: The more densely you plant the seed the less air circulates around the individual blades of grass. This can cause some fungal growth - we call it "fuzzies". This is not a problem, except that it is unattractive. If you are consuming this as juice - just rinse it off when you harvest the grass. If you hate it, increase the air circulation by planting less seed.

Additionally, you may move your grass to a more well ventilated area. In summer we grow our grass outside (from the point when we uncover the tray) for optimal air circulation.

Grow Your Own! Drink More Juice!