

All-Natural Growing Kit contains all materials needed for successful planting:

a. **Untreated, all-natural seeds for two or more plantings**

Untreated, biologically-diverse seeds that are hardy and disease-resistant and contain no GMO's (Genetically Modified Organisms). For cultivation using organic growing methods. Will produce nutritious and better tasting herbs and vegetables.

b. **Eco-coir disks** - a 100% organic, soil-less growing medium that is environmentally friendly (contains no chemicals) and will produce healthy, vigorous plants. It is made of coconut fiber, a waste product that would otherwise be burned, releasing significant amounts of carbon dioxide into the atmosphere.

c. **Waterproof galvanized metal planter.**



**Empty container of all materials supplied.**

- 1) Place eco-coir disk in a bowl (use a separate bowl for each disk) and add warm water. Each 60 gm disk in this kit will take 2 1/2 cups of water (550ml.). The eco-coir will absorb the water and increase in size.
- 2) Evenly spread the moistened, eco-coir into your planter.
- 3) Set aside approx.  $\frac{1}{4}$  cup - 56 ml. of eco-coir.
- 4) Mark-off rows about 2.5cm/1" apart with a pencil along the length of the planter. Gently tap the opened seed packet so that seeds fall evenly into the furrow. It is better to sow thinly than to crowd. **Use only half the seeds provided for each planting.** Place the seeds under the coir surface to a depth equal to three times the size of the individual seed variety. Then **very lightly** sprinkle and cover the seeds with the **eco-coir** (that has been set aside in step 3). **Important - very small seeds should be sprinkled on top of the eco-coir surface and not covered.**
- 5) After sowing the seeds, moisten (or mist) with water. Germinating seeds do not need direct light but do require warmth at a near-constant temperature.
- 6) Cover top of planter with a clear plastic film (saran wrap or equivalent) and secure with a rubber band. This will speed up germination.
- 7) When you see the first signs of growth, REMOVE the plastic wrap.
- 8) After germination, relocate planter to a warm area with natural sunlight, if possible.
- 9) If natural light is not available, a grow-light or fluorescent light should be used as a supplement.
- 10) Be very careful **not to over-water!**
- 11) When small plants (seedlings) reach a height of about 5 cm (2 in.), thin out, if crowded, to provide adequate space for healthy growth. Sometimes it is better to remove extra seedlings to give more room to the remaining plants.
- 12) Water (or mist) only when the grow-mix is moderately dry. **DO NOT OVERWATER.**

#### BENEFITS OF ECO-COIR

- Has high water retention capacity while maintaining excellent drainage and healthy root development
- Pathogen-free and resistant to bacteria, weeds, and fungal growth
- Has a pH value in the range of 5.3-6.7 (peat moss with a pH of 3.5-4.5 is very acidic)
- Reusable and recyclable for up to four years
- Does not destroy natural eco-systems (peat moss is extracted from peat bogs that, in their undisturbed state, retain methane, a greenhouse gas that is twenty times more environmentally damaging than carbon dioxide)

\* PLANTS IN CONTAINERS DO NOT REACH THE SIZE THEY NORMALLY ATTAIN IN THE GARDEN.

\* THEY CAN BE TRANSPLANTED OUTDOORS IN WARMER WEATHER