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Instructions to grow Micro Greens

Your kit contains:

- Three Micro-Green seed varieties. (Each package contains enough seeds for 3 or more plantings)
- 3 Biodegradable pots made from rice, coconut and bamboo husks
- Coconut coir disks (an eco-friendly, non-soil growing medium made of coconut husks)
- Bag of Hydroton clay pellets.
- Empty the bag of Hydroton clay pellets evenly on the bottom of the container(s) and follow instructions below.

Empty container of all materials supplied.

1. Prepare growing medium: place 1x coir in a bowl at a time. Add $\frac{1}{2}$ cup of warm water at a time and wait until it is absorbed. Repeat, adding $\frac{1}{2}$ cup of water at a time, until coir appears moist throughout and disk expands to six or more times its original size.
2. Crumble the expanded coir into the Bio Pots. Repeat #1 until the three pots are filled and prepared for planting. Place unused coir in a covered container for your next planting.
3. Press coir down firmly in Bio-pot until surface is level.
4. Sprinkle $\frac{1}{2}$ teaspoon of a seed variety evenly over surface of the coir growing medium, per bio-pot.
5. Mist with water, keep moist but DO NOT OVERWATER.
6. Seeds will germinate in a few days.
7. When they grow to 1" or so, you can start to cut and add to salads, sandwiches or use as a garnish. They can also be eaten alone as a snack.
8. When micro-greens are completely consumed, prepare bio-pots for your next planting.
9. Take a fork or garden spade and mix up the growing medium. Water and then repeat from Step # 4.

Feel free to share your comments and experiences. Photos welcomed.

Email: grow@seracon.ca

Enjoy and always eat healthy.

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