



eco-culture ^{TM/MC}
SERACON [®]

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MICRO GREENS KITS: Instructions

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)

- 1. Prepare growing medium: place 1x coir in a bowl at a time. Add ½ cup of water at a time and wait until it is absorbed. Repeat, adding ½ 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 leveled.**
- 4. Sprinkle ½ 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.**

Enjoy this and other types of Organic Micro Greens:

Micro Greens #1 (Chia, Basil, Curly Cress)

Micro Greens #2 (Garlic Chives, Arugula, Bulls Blood Beet)

Micro Greens #3 (Daikon Radish, Broccoli, Mizuno Mustard)

Feel free to share your comments and experiences.

Photos are welcome.

Email: grow@seracon.ca