

## **Eco-Culture by Seracon - PLANTING INSTRUCTIONS**

Your *Eco-Culture* Organic Growing Kit contains all materials needed for successful planting:

- a. **Organically cultivated seeds that contain no GMOs (Genetically Modified Organisms).**
- b. Hydroton clay pellets (where applicable) – taken from organic sediments. Will absorb water and promote healthy root development. Fired at 1200°F, pellets are clean and completely odourless.
- c. Bag of nutrient-rich grow-mix – contains organic micronutrients that promote growth and healthy root development during germination. Fertilizers can be added after germination.
- d. Attractive painted metal planter – waterproof.



- 1) Empty container of all materials supplied. Spread the Hydroton clay pellets uniformly across the surface of planter.
- 2) Remove and set aside ½ cup of grow-mix.
- 3) Moisten the remaining grow-mix in the bag by adding **no more than 1** cup of water – enough for the grow-mix to be slightly damp. Ensure water is completely absorbed by the grow-mix before proceeding to the next step.
- 4) Spread the moistened grow-mix over the clay pellets at the bottom of the planter. **With a knife make a shallow groove into the moist grow-mix across the length of the planter.** Plant seeds at a depth of three times the size of individual seed variety. Very small seeds, however, should be sprinkled on top of the grow-mix surface and then **very lightly** covered with the dry grow-mix that has been set aside in step 2.
- 5) After sowing the seeds, moisten with water. Germinating seeds do not need direct light but they do require warmth at a near-constant temperature.
- 6) Be very careful **not to over-water!** This can cause disease and kill your plant before it gets started.
- 7) After germination, relocate planter to a warm area with natural sunlight.
- 8) When they reach a height of about 2 inches, thin out seedlings across the total planter surface to provide adequate space for future growth. For the Wheatgrass Growing Kit, plant all of the seeds provided and do not thin out the seedlings at this stage.
- 9) Water only when the grow-mix is moderately dry. **DO NOT OVERWATER.**

### **Eco-Culture WHEN TO PLANT**

*Eco-Culture* growing kits are designed to grow indoor all year-round and outdoors in warmer weather. For the Montreal Melon and the Heirloom Cherry Tomatoes grow kits, it is recommended that planting for growing indoors be delayed until mid-April or May before transplanting outdoors (mid-June) when the plant starts outgrowing its metal container.

### **Eco-Culture SAVING SEEDS**

Cherry Tomatoes – Ferment crushed tomatoes in water for two to three days. Wash away flesh and floating seeds. Save the seeds that sink, discard water and other debris, dry in the sun for two or three days.

Wheat Grass – Allow some grass to form seed heads.

Green Teas & Herb Gardens From Around The World – Allow several plants to mature and go to seed. Dry seeds and store in a cool, dry container.

Fragrant Blue Flowers – (a) Blue Aster or Blue Love-in-the-Mist - Allow one or more plants to form a seed head. Separate and dry. (b) Blue Sweet Pea - Allow one or more plants to flower, separate seeds and dry.

Montreal Melon – Simply scoop out seeds from central cavity and allow to dry out.

### **Eco-Culture A WORD ABOUT WHEAT GRASS**

In addition to its strictly decorative value, Wheat Grass is consumed as a juice (extracted from young wheat plants) due to its very high nutrient content and is considered to offer a wide range of healthful benefits.