



VITALITY FARMS
COMPANY

Microgreens Growing Instructions- Soil

Day 1 & 2 Sowing and Germination

1. Place soil puck in growing cup and add 7 tablespoons of water (just under 1/2 cup) agitate the puck in the water and soak for 5 minutes, allowing the puck to expand. If any dry clumps remain, add a few drops of water directly to the dry clumps.
2. With the back of a fork gently tap the soil so it is flat and level but not compressed.
3. Sprinkle the seeds from the packet evenly over the top of the soil. (Note: for sunflower and pea seeds see pre-soaking seeds below instructions)
4. Fill the mist bottle with water and spray the seeds, making sure that all seeds are wet.
5. Mist the underside of the clear lid and press the lid over the growing container to seal the humidity in.
6. Place the sealed container in a warm but not hot place away from direct light for two days it's okay to place in a dark place like a cupboard.
7. During the 2-day period, remove the humidity lid and give the germinating seeds a light misting (3 or 4 pumps with the mist bottle once a day).

Day 3 & 4 Water & Light

1. Remove the humidity lid and mist the seedlings. Expose the growing container to light, preferably a light source from directly above the container sunlight or artificial light is fine.
2. Add water twice a day using 4 to 5 pumps from the mist bottle. It is okay to adjust the water amount depending on conditions. If the soil looks damp, add less water. If the soil looks dry, it's okay to add more.
3. Provide light for 12 to 16 hours per day. Make sure your crop is in a warm spot (about 70 F / 21 C)

Day 5 - 7. Water & Light

1. Once a day add between 3 to 5 tablespoons of water. Dribble in water slowly in different places over the crop (the mist bottle is an insufficient method of watering at the stage). Use care to not bend the young sprouts too much. Your soil should have an even dampness. As your crop grows, it drinks more water, so monitor soil dampness periodically and use more or less water as needed to maintain preferred moisture.
2. Continue to provide light for 12 to 16 hours per day.

Day 7 - 10 Harvest

1. Microgreens are typically ready for harvest between day 7 and 10, depending on the crop or growing conditions (radish and sunflower are faster growing and will be ready to harvest on day 7 or 8. Pea shoots are slower and are ready on day 9 or 10).

2. Harvest by giving your crop a haircut with scissors. Trim at the rim line of the growing container. Use care not to pull up any soil.
3. If needed, rinse your harvested microgreens in very cold water. To dry them, lay them out on a paper towel and place them in the refrigerator to air dry. The cold temperature will prevent with wilt.

Enjoy- Use as a beautiful garnish or an addition to any salad.

Visit us at www.vitalityfarmscompany.com for additional kits, seeds, or with questions

Presoaking Sunflower & Pea Seeds

Sunflower and pea seeds will germinate better if pre-soaked in cold water for 6 to 8 hours before sowing. Sow the soaked seeds directly on top of the soil and spread evenly. Most other seeds do not require a pre-soak.

Dingy Phase

Most microgreen crops will go through a dingy phase around day 3 and 4, where you might doubt that your crop will end up looking healthy. This is normal. Continue to provide proper care to your crops and you will be surprised how nicely the crop will fill out. Providing light directly from above can help to minimize the dingy face.

Mold

If you notice patches of mold on your crop, add some household hydrogen peroxide to your spray mist bottle at about a ratio of one-part hydrogen peroxide to 4 parts water. Mist the crop thoroughly giving extra attention to affected areas. If caught and treated early, this approach should wipe out any mold issues and save the crop. Use care not to mistake the micro-root hairs for mold. The micro root hairs appear white, fuzzy and limit themselves to the roots. They are especially pronounced in radish and sunflower. Mold by contrast is typically patchy and affects more than just roots

Leggy greens

If you provide light directly from above your greens will put more energy into the leaves and less into the stems. If you provide light from the side, your greens will put more energy into the stems to angle to catch the light, resulting in leggy micro greens.

Wilt

Wilt can be a sign of over or under water and make sure you keep your soil damp but not soggy.