



VITALITY FARMS
COMPANY

Grow

Wheatgrass

Hydroponic Method

Hydroponically grown wheatgrass is popular for its cleanliness and for allowing growers to control the nutrients integrated into their crops. Growing and juicing wheatgrass at home will cost you one-tenth the price compared to a juice bar! Wheatgrass juice has extremely high concentrations of iron, potassium, manganese, zinc, vitamins A, B12, C, E and K, and so much more!

1. Use 1 pound of high-germination wheat grass seed per tray 10x20. Soak wheat seed 6-10 hours and drain water.
2. Fill growing tray (without holes), saturate a grow pad with 1 cup of water. Drain off excess water as needed.
3. Spread seeds evenly over hydrated mat. Sprinkle a little Azomite over seeds and mist thoroughly with a spray bottle.
4. Place a wet paper towel on top of the seeds and keep moist by misting 2-3 times a day
5. Remove paper towel when grass is 1/4" tall and expose to indirect sunlight. Keep roots moist by pouring water directly into the tray.
6. Grass is ready for harvest when it reaches 4-6 inches tall. Harvest by cutting blades just above the grow medium. Juice and enjoy

MOLD

Prevention

Avoid mold by (a) reducing the growing area humidity- create airflow by opening a nearby window during the day or placing a fan nearby, (b) growing wheatgrass in a room that is between 70 and 75 degrees Fahrenheit and (c) sterilizing trays before use.

MOLD

Treatment

Treat mold by mixing 1 tablespoon of hydrogen peroxide into 1 cup of water- or- by mixing 10 drops of grapefruit extract into 1 cup of water and use spray bottle to mist the affected areas of your growing wheatgrass. Also, try decreasing the room temperature by a couple of degrees.