



# Vitality Farms Company

FAITH MOVING MOUNTAINS GROW  
KIT & DEVOTIONAL

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# Directions

**Day 1 & 2 Sowing and Germination** Place soil puck in growing cup and add 4-5 tablespoons of water (just under 1/3 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. With the back of a fork gently tap the soil so it is flat and level but not compressed. Sprinkle the entire seeds packet evenly over the top of the soil. (Note: for sunflower and pea seeds see pre-soaking seeds below instructions) Fill the mist bottle with water and spray the seeds, making sure that all seeds are wet. Mist the underside of the saucer and lay the lid over the cup to seal the humidity in. Place the planter 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. During the 2-day period, remove the saucer and give the germinating seeds a light misting (3 or 4 pumps with the mist bottle once a day).

**Day 3 & 4 Water & Light** Remove the bamboo cover and mist the seedlings. Expose the planter to light, preferably a light source from directly above the plants sunlight or artificial light is fine. 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. 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** 1.2. 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. 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).

