



Vitality Farms Company

Important to Note:

Soaking

Sunflower, and pea seeds will germinate better if pre-soaked in cold water for 4 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. Nasturtium like to soak in warm water for 2 hours.

Mold

If you notice patches of mold on your crop, add some 3% 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 they 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.

Mucilaginous

The seeds get sticky with mucilage gel, they're often labeled as difficult to grow. Spread the seeds as evenly as possible across the surface. This is very important for them because it's possible that mucilage produces biochemicals that will slow the growth of adjacent seeds. The mucilage will retain water, so the seeds don't need as much as other microgreen seeds.

Weighted

Typically commercial farmers place something that fits into the tray like an empty tray and then apply a 16 pound paver it does this 1) It keeps the seeds in contact with the soil 2) It allows the seeds to stay moist during the germination process. If you got a 5x5 then please add another to stack and apply weight, can be a book, a rock anything around 5 lbd for an individual tray. .

**We are here for you, if you
have questions please call**

Questions please contact us @

3429 Publix Rd

LAKELAND FL 33810

PHONE: 262-412-2991

CELL: 863-660-8424

SOCIAL MEDIA @ VITALITYFARMSCOMPANY



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"Orange" Crops

Follow your standard growing directions, read the information pertaining to your crop for best success!

Basil : Basil has mucilage (see note) The seeds prefer clear domes and heat mats, warm water during seeding will be beneficial. 2-3 weeks to maturity. We don't use domes or mats but we keep basil in warm spots on the shelves.

Borage: Fast drinking crop so watch the water level often. 2-3 weeks to maturity.

Carrot: Leave in blackout for 5 days, and keep moist. 2-3 weeks to maturity

Cress: Mucilage seed, place another tray on top of the seeds or if in a planter place just a small amount of pressure to the top of the cress so the plant needs to push that off of it. 1 week for maturity

Coneflower: To plant loosen the soil to a depth of 12 inches. Add compost to the top 2-4 inches of soil. Seeds take approximately 3 to 4 weeks to germinate, and you should see true leaves at about 12 weeks.

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Dill: Prefers warm temperature very sparse during germination, 3 weeks to maturity. This crop is extremely delicate, overwatering, poor airflow and too much heat from lights can harm it.

Lavender: These seeds take 3 weeks just to germinate. These plants love sunlight and are used to 6-8 hours of bright sunshine each day, so you need to put it by a very sunny, south-facing window.

Nasturtium: Soak in warm water 2 hours, tray is weighted for 4 days so something around 5 lbs placed on top of seed. After weight place under lights for 10 days 2-3 weeks for maturity, can be harvested multiple times.

Peas: Soak for 10 hours before seeding, apply weight during germination. 7-10 days for maturity, start taste testing them to find your best harvest date

Shungiku: Weigh these seeds down for 2-4 days. 15-20 days to reach maturity

Sorrel: Weigh down for 4 days, then under lights, 15-20 days to maturity. Poor airflow or overly hot/humid conditions can cause mold. Overwatering and poor airflow can cause 'damping off'

Sunflower: Soak 6 hours, Weigh down for 4 days they will be pushing the weight up, then leave under lights as they reach maturity is 8-10 days