



Vitality Farms Company

Important to Note:

Soaking

Beets, Swiss chard will germinate better if pre-soaked in warm 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.

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 @

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SOCIAL MEDIA @ VITALITYFARMSCOMPANY



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PLANT INDUSTRY



"Red" Crops

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

Amaranth: 7-11 days to harvest- bottom water only do not overwater when in blackout keep no weight on it. Very prone to mold.

Beet: 10-18 days to harvest After soak sanitize which means run the seeds through H₂O₂ then seed add soil to the top after seeds. 2-4 days weighted in blackout then 6-12 days under lights.

Calendula: Seeds can be sown directly in the soil, keep inside if danger of frost. Drop seeds every 6 inches, cover with ¼ - 1/2 " soil, pat gently and water. Seeds should germinate within a week, and plants will blossom 6-8 weeks later.

Chamomile: Start seeds in small pots and transplant the seedlings to larger containers later. A 12-inch (30.5 cm.) container is roomy enough to grow one chamomile plant. Don't cover the seeds, as chamomile in a pot requires light in order to germinate.

Chinese Mahogany: Soak 4 hours weight down tray for 2-4 days. This is a tree so its growth is very slow but leaves are delicious. can cut back and continue to grow.

Cilantro: If you have whole seed roll the seeds over with a rolling pin first. Soak for 6 -15 hours. Spread seed over pre-moistened tray. Stack 2 -3 trays high (w/ empty tray on top and 16 lb. brick paver) for 3-4 days. After 3 -5 days, unstack, water and place under lights. Be sure to spritz with water

Dandelion: Slow seeds to grow at least 21 days aside from monitoring it for mold that is all that is special.

Shiso: Must be stretched so after you place seeds on soil. Then cover with nothing touching the seeds, while still providing darkness this will cause it to stretch.

Swiss Chard: 10-18 days to harvest After soak sanitize which means run the seeds through H₂O₂ then seed add soil to the top after seeds. 2-4 days weighted in blackout then 6-12 days under lights.