



VITALITY FARMS  
COMPANY

# GIY: Wheatgrass Kit

Your Kit Includes- enough to grow 2 trays 1010 or 1 tray 1020

(2) 10 x 10 Growing Trays (1-holes, 1-no- holes)

(2) Pre-measured bags organic mulch/ expanding coconut coir\* or 2 Micro-Mat Hydroponic Growing Pad

(1) Azomite Trace Mineral Complex 2 teaspoon mixed with soil\*\*

(1) 1 Pound Pre-measured bags Organic Hard Red Wheat

## You provide

(1) Paper towel or newspaper cut to fit tray

Hydrogen peroxide (3%)

\* coir will expand with water, get soil wet but not drenched

\*\* Measure 2 teaspoons per tray (there will be at least two trays)

Wheatgrass is an excellent source of many different vitamins and minerals. It is especially high in vitamins A, C and E, as well as iron, magnesium, calcium and amino acids. Of its 17 amino acids, eight are considered essential, meaning your body cannot produce them and you must obtain them from food sources. Like all green plants, wheatgrass also consists of chlorophyll, a type of green plant pigment associated with many health benefits. It also contains several important antioxidants, including glutathione and vitamins C and E

## QUESTIONS:

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## Soaking

Fill the tray with about 1 inch of the compost mixture provided. (Optional, you can combine topsoil with the compost mixture to extend your supply of growing soil a 50/50 combination is best) If using a Grow Pad, pour approx. 2 cups of water in the bottom of the tray. Center the mat on the water surface (mat expands when wet). Sprinkle one handful of Azomite fertilizer over the mat or soil. Rinse 1 cup of seed 2 or 3 times before you soak. Soak 6 to 12 hours by completely immersing the seeds in water. Drain off the water, and rinse the seed. Now place seed in a bowl without water. Cover bowl with a wet paper towel, leave for 24 hours. Plant the seed anytime during the next day.



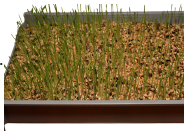
## Planting

Plant the seed by gently spreading it evenly over the top of the soil, not buried in the soil. Put four layers of paper towels on top of the seed. Water right through the paper towels until the water drips from the bottom of the tray. Paper towels keep the root hairs of the seeds wet in areas where the air is dry. If the empty tray is placed on top of the seed, the seeds should be sprayed with water several times per day while under the tray. For the next three days, keep paper towels wet! Important! If paper towels dry out, the root hairs on the sprouts will dry out and the grass will not come up well. On the second or third day take the paper towels off and water the grass and then place the paper towels back on for one more day.



## Lights

When the grass is one to two inches tall, remove the paper towels, and expose it to indirect light. A cool but sunny place is ideal. Water your seeds once per day until it drips from the bottom.



## Harvest



Harvest the grass when it is six to seven inches tall. You can harvest only what you are going to consume at that time or you can harvest the whole tray. If you harvest the whole tray put it in a plastic bag and store it in your refrigerator. It is good for one week in the refrigerator. When the weather is cooler, it is better to harvest as you desire. (If you have room, the whole tray can be put in the refrigerator.) Cut with a sharp knife or scissors above the root line.

## Mold

Wheatgrass and barley grass can show signs of mold near the roots. If you have problems with mold, cut what you are going to juice, put it in a big strainer or colander and power rinse the grass very well before you juice. Take hydrogen peroxide 3% mixed with water (1 part peroxide /4 parts water) and squirt on the mold to kill it. Put in a spray bottle and spray roots as you uncover. Placing a slow fan directed towards your grass will help immensely.

**Wash tray and sanitize it with a 3% peroxide for your next grow.**

**If you had mold or another issue with crop (dispose of tray and contact us for a replacement)**

