

Living Fresh Foods!™

CATCH THE WAVE OF NUTRITION™



www.livingfreshfoods.com

Subject: Living Fresh Foods Organic Coco Coir Grow Media with Sea Minerals Ready Mix for a 5"x7"x1" Container

Dear Customer,

Our goal is to build a successful business that helps families gain access to nutrition safe foods. The growing experience is meant to be fun. We offer tested and proven safe Growing Kits, Microgreen Seeds and Grow Supplies that we personally have designed based on own growing success.

- Organic Coco Coir (Can be reused and trace minerals restored with our Liqui-Trace™ Sea Minerals Kit)
- Enhanced with Sea Minerals
- Prehydrated for Easy Growing
- Retains up to 8X of Water versus Soil
- Smart Alternative to Potting Mix
- Ideal for Microgreens, Tropicals, Hydroponics, Seedlings and Indoor Growing
- Long Lasting and Biodegradable
- Heat Sterilized - Seed and Pathogen Free

Our Organic Coco Coir is a great Grow Media. Just open your package and place in your Grow Container approximately 5"x7"x1" and you are ready to plant. You can use a Smaller Grow Container like a Coffee Cup by only using the amount you need for planting. Our Coco Coir is great for growing Microgreens or other Plants right in your windowsill or on a countertop. Our ready to plant prehydrated package is enhanced with Sea Minerals to provide Trace Elements for healthy growing. Our Grow Media can be used multiple times.

Thanks,

Living Fresh Foods Team

How-To Instructions Grow Microgreens in Coco Coir:



Presoak your Seeds in cold water for 4 Hours or follow the Seed Package instructions. We recommend soaking larger Seeds like Peas or Sunflowers overnight. You can place your Seeds to soak in a coffee filter to soak.



Select a Food Safe Container from Living Fresh Foods or a popular restaurant like Wendy's, Chick-fil-A or Burger King. For indoor growing, we suggest a Food Grade Container without drain holes. Our organic Coco Coir holds more water and is easy for Seeds to germinate. You should put about 1" to 2" of Coco Coir in your Container. Microgreens can be grown all year around indoors with a little light, water and love. Use a spoon to move the Seeds from the coffee filter to the top of your Coco Coir in the container you selected to grow your Microgreens or other plants. Be sure to spread the Seeds out evenly on the top of the Grow Media and gently press the Seeds into the surface. Most Seeds require a dark germination stage. Place the Grow Container with the lid on in the dark for three to five days. Each day in the morning and evening, mist your seeds. If you do not have a misting sprayer, then dampen the seeds gently. The Grow Media should be damp, but not soggy. Over watering can promote mold. After the dark out germination period when you see the Crops starting to grow, place the germinated seeds in indirect light. The ideal temperature to grow your Microgreens is between 65 to 75 degrees Fahrenheit. Water your Coco Coir as needed. Your Microgreens will start to grow toward the light, so rotate your Grow Container each day so your Microgreens become strong and grow straight. Usually, you can start harvesting between twelve to fifteen days. Harvest only the amount you are going to eat. Let the remaining crop continue to grow until you eat your Harvest.



Troubleshooting & Tips

- Over planting reduces air flow and can result in rot or mold
- Under planting is okay if you are experimenting
- Over watering will drown the roots and starve them from the oxygen they need to stay aerobic and promote mold
- Colder temperatures will slow down germination and growth
- The dark out period helps the roots to get established so do not put the seeds into the light prematurely
- If after a day with lights your crop is not turning green, try placing your crop closer to the light

Choke Hazard: Keep your Coco Coir in a dry location when not in use.