



www.livingfreshfoods.com

Subject: Living Fresh Foods-Microgreens Resupply Kit Introduction Letter and Growing Instructions

Dear Customer,

The Resupply Kit Contains: 3-Natural Coco Grow Pads, 3-Packages of Non-GMO Heirloom Seeds, 3-Seed Strainer Filters, 6-Green Food Grade Plastic Straws for lift, 6-Natural Cotton Wicking Strings and detailed How-to Instructions. This Resupply Kit will replenish your Living Fresh Foods Microgreen Growing Container you already purchased. You can purchase additional Microgreen Growing Containers through our website to expand your Harvest.

We are excited that you have decided to grow Living Fresh Foods Microgreens. Your decision to order the Resupply Kit is an encouragement to us who have worked and prayed for a body of customers that we could help gain access to healthy nutrition. The growing experience is meant to be fun and hopefully you are sharing with others. Once you get your seed and harvest time in sequence, you will find that you are going to want to have three or more Grow Kits growing all the time. When you reach this level of enjoying Living Fresh Foods you will "Catch the Wave of Nutrition™".

The Resupply Kits were designed to keep food costs in line and affordable. Additional Crops are available for you to experience many new tastes, colors, textures and nutritional elements. These are our first Products: Basic Salad Mix, Rambo Purple Radish, Speckled Peas, Black Oil Sunflowers, Red Russian Kale, Waltham Broccoli and Arugula. More delicious Products are in development and they will become available first through our website by mail order and check and then later through other sales channels.

Why are Microgreens nutritional value different from farm crops? Seeds that are planted in farmland, use most of their energy to build a deep root system for finding water and bioavailable nutrition. Due to the lack of natural minerals in our soil from poor plant rotation and years of spraying pesticides, our food supply has been compromised. With your Microgreens Growing Kit, your Seeds will use their natural energy to develop a full array of nutrition. Microgreens can pack as much as 5x times the nutrition of a full-size plant. The reason for the nutrition boost is that your food will be grown in a perfect growing environment. All the required elements come to your plants allowing their energy to stay in the leaves instead of being used for developing deep roots. Your food will be hydroponically grown to promote your Non-GMO Heirloom Seeds to prosper. Your food is fertilizer and pesticide free. Everything your crop requires is included in your Kit; however, a little bit of indirect sunlight, water and love will make all the difference to a full nutrition experience.

Thanks,

Living Fresh Foods Team

His Provisions, LLC dba Living Fresh Foods

How-To Instructions with Photos for the Living Fresh Foods Microgreens Growing Kit:

Day 1 Soaking Seeds



The How-To Videos on YouTube, Amazon or on our website will help you have a successful Harvest.

Place your Filter into a cup and pour your Non-GMO Heirloom Seeds in your Filter. Add Clean Drinking Water in your Filter until the Seeds are covered. Soak your Seeds overnight.

Day 2 Planting



Place your Lift Straws in the bottom of the Grow Container on opposite edges. Lay your Grow Pad on the straws. Place the Wicking Strings on the top of the Grow Pad and pour water over the top of the Grow Pad and Wicking Strings. Soak both for 30 minutes and then pour the water out. Stretch the Wicking Strings long ways on opposite sides of the Grow Pad. Wrap the extra length of the Wicking Strings equally under the Grow Pad. Turn your filter inside out and pour your Seeds onto your Grow Pad. A spoon can be used to help remove your remaining Seeds from the Filter and then spread your Seeds evenly over the Grow Pad from edge to edge. The Seeds should be in direct contact with the Grow Pad. Watering is not required on this day. Place your Cover Lid (don't snap the Lid) on your Grow Container and lay a dark towel over the top of the Lid to block the light.

Day 3 to 4 Misting



Fill your Misting Spray Bottle with clean Drinking Water leaving about $\frac{1}{4}$ inch from the top. Take your Liqui-Trace™ Super Concentrate and add one drop into your Misting Spray Bottle. Firmly screw the Misting Sprayer on the top of the Bottle and shake.

Remove your dark towel and Container Lid. Shake your Misting Spray Bottle and Mist your Seeds approximately 12 times. We recommend you Mist your Seeds twice a day to keep them moist. Place your Container Lid (don't snap the Lid) back on the Grow Container with the dark towel on top. Blocking the light helps with the germination process.

Repeat this process on Day 4. You can add water to the bottom of the Grow Container along the side. Only add water to touch the bottom of the Grow Pad so you don't wash your seeds off. Some Crops grow quickly, and others take a little more time to mature.

Note: Place the protective Misting Spray Lid back on the Misting Spray Bottle when not in use. Each time you mist your Crop, shake the Misting Spray Bottle prior to application. If your Misting Sprayer Bottle gets low, empty the Misting Spray Bottle, rinse and then repeat the Mixing process. Some of our Customers have reported that they are putting their Liqui-Trace™ Minerals Super Concentrate in their Drinking Water as an Electrolyte. If this is important for you, then add 1 to 3 drops to an 8-ounce glass of water. There is more information on the importance of Minerals on the Articles Page.

Day 5 to Harvest & Root Hairs



Remove your dark towel and Grow Lid for the rest of the process. Check the water daily. You might go a day or so before you need to add additional water. The Wicking Strings help to keep the Grow Pad watered. Your watering requirements will vary based on temperature, humidity and the amount of light on your Crop. As your Crop grows you will see more water required to keep your Crop hydrated. When adding water, pour along the inside wall of the Grow Container until the water touches the bottom of the Grow Pad.

Root Hairs will start to grow which is a normal process. Usually Root Hairs are under the soil, so they are not visible. This process of Root Growth is fascinating. You can place your Grow Container where your Crop gets indirect light. Don't place your Crop in direct light or they might burn. Microgreens only require indirect light. Even lights from a room might be enough light to be successful. Your Crop will grow toward the light, so turn your Crop to have even growth.

Harvest and Storage



Each Crop has a different maturity timeline. Speckled Peas have the longest germination period and start off slow and then take off. Harvesting Day is a personal preference. When your Crop reaches between 4" to 6" you are in the Harvest Zone. Take samples and taste test. When you are satisfied then you are ready for your Harvest. Our Family sometimes Harvests the entire Crop and at other times, we take Clippings and continue to grow.

Harvest Day comes quickly. With one hand, hold the top of a section of the Crop and with the other hand using clean scissors, cut your Crop and place on a clean plate. Cut your Crop about a 1/2" from the top of the Grow Pad. After you Harvest your Crop, wash your Grow Container and Lid. Take your Crop and rinse off with water only. Gently pat dry. Let your Crop air dry on a paper towel and then spread your Harvest in the Grow Container and seal the Grow Lid. Store your Harvest in the refrigerator. Start enjoying your Microgreens each day. Under normal refrigerator temperate and humidity your Crop should stay for about five days, however you are the judge on when your Crop is time to replace.

You can compost your Grow Pad in your flower bed. Be sure to keep your Microgreen Grow Kit and order your replenishment Seeds and Supplies. Please help Living Fresh Foods reach others to "Catch the Wave of Nutrition™".