

Living Fresh Foods!™

CATCH THE WAVE OF NUTRITION™



www.livingfreshfoods.com

Subject: Living Fresh Foods Seeds for Life™ Microgreen Seed Kit - Microgreen Growing Instructions

Dear Customer,

The Seeds for Life™ Microgreen Seed Kit Contains: 3 Premeasured Seed Packets of Non-GMO Heirloom Seeds and detailed How-to Instructions.

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. The Seeds for Life™ Microgreens Seed Kit is meant to be a pathway to a healthy lifestyle, a great birthday gift or an exciting classroom STEAM Project for learning. Hopefully, many who experience our Living Fresh Foods will "Catch the Wave of Nutrition™". We believe that once our customers have their first success, they will order replenishment supplies to maintain their healthy lifestyle. Additional Crops are available for our customers to experience many new tastes, colors, textures and nutritional elements: Basic Salad Mix, Spicy Salad Mix, Rambo Purple Radish, Speckled Peas, Red Acre Cabbage, Black Oil Sunflower, Spinach, Red Russian Kale, Waltham Broccoli and Arugula. We believe our replenishment food costs will be comparable to local market prices and each customer will know that their food was grown safely.

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 Grow Microgreens in Soil or Coco Coir:



Presoak seeds in cold water for 4 Hours. Larger seeds like Peas or Sunflowers should be soaked overnight. We recommend placing the seeds in a coffee filter in a cup of cold water. After the soaking period, lift the coffee filter out of the water and let the water drip off.



Select a Food Container from a popular restaurant like Wendy's, Chick-fil-A, Burger King or use your own container of choice. You want a Food Grade Container without drain holes. You are going to need a light organic soil mix or coco coir for indoor plants. You should have about 1.5" to 2" of grow media is preferred. Microgreens can be grown all year around indoors with a little light, water and love. Use a spoon to move the seeds from the filter to the top of your soil in the container you selected to grow your Microgreens. Be sure to spread the seeds out evenly on the top of the grow media. Do not cover the seeds with soil. Place the grow container in the dark for three to five days. Each day in the morning and evening, mist your seeds. If you don't have a misting sprayer, then dampen the seeds gently over the soil. The soil should be quite damp but not soggy. Over watering can promote mold. After three days in the dark, place the germinated seeds in indirect light. The ideal temperature to grow your Microgreens is between 65 to 75 degrees Fahrenheit. Mist every day or gently dampen the seeds once a day. Your Microgreens will start to grow toward the light, so rotate your container each day so your Microgreens become strong and grow straight. Harvest times vary between types of crops. Usually you can start harvesting between twelve to fifteen days. Cut your Harvest when you think the size looks full 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 don't 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 Seeds out of the reach of young children who might swallow.

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