

EASIEST DIFFICULTY



ARUGULA



BROCCOLI



BUCKWHEAT



CABBAGE



CHAI

SEEDING RATE	0.7 oz.	1 oz.	12 oz.	1 oz.	1 oz.
PRE-SOAK	No	No	Yes	No	No
BLACKOUT TIME	1-3 DAYS	2-3 DAYS	3-4 DAYS	2-4 DAYS	2-3 DAYS
APPROX. TIME TO HARVEST	8-14 DAYS	10-14 DAYS	8-12 DAYS	8-12 DAYS	8-12 DAYS
NOTES	—	—	—	—	—



KALE



KOHLRABI



MUSTARD



SUNFLOWER



WHEATGRASS

SEEDING RATE	1 oz.	0.7 oz.	0.7 oz.	9 oz.	16 oz.
PRE-SOAK	No	No	No	Yes	Yes
BLACKOUT TIME	2-4 DAYS	2-4 DAYS	2-4 DAYS	2-4 DAYS	2 DAYS
APPROX. TIME TO HARVEST	8-14 DAYS	10-14 DAYS	8-12 DAYS	8-14 DAYS	8-10 DAYS
NOTES	—	—	—	—	—

AVERAGE DIFFICULTY



CELERY LEAF



PEAS



FENNEL

SEEDING RATE	0.75 oz.	12 oz.	1 oz.
PRE-SOAK	No	YES	No
BLACKOUT TIME	6–8 DAYS	3–5 DAYS	3–5 DAYS
APPROX. TIME TO HARVEST	18–21 DAYS	8–14 DAYS	14+ DAYS
NOTES	SLOW TO GERMINATE AND EMERGE	USE PLENTY OF WATER WHEN SOAKING SEEDS, THEY ARE VERY ABSORBENT	—



LEEK



POPCORN



SORREL

SEEDING RATE	2 oz.	8 oz.	1 oz.
PRE-SOAK	No	YES	No
BLACKOUT TIME	3–5 DAYS	6–10 DAYS	3–5 DAYS
APPROX. TIME TO HARVEST	12–14 DAYS	6–10 DAYS	12–16 DAYS
NOTES	SEED HEAVY	KEEP IN THE DARK FOR FULL 6–10 DAYS TO HARVEST	KEEP SEEDS IN FREEZER TO HELP WITH GERMINATION RATES

HARDEST DIFFICULTY



AMARANTH



BASIL



BEETS

SEEDING RATE	1 oz.	1 oz.	1 oz.
PRE-SOAK	No	No	YES
BLACKOUT TIME	3-6 DAYS	4-7 DAYS	6-8 DAYS
APPROX. TIME TO HARVEST	8-14 DAYS	14-18 DAYS	10-14 DAYS
NOTES	PREFERS WARMER ENVIRONMENT, SENSITIVE TO DIRECT LIGHT	SPRAY THOROUGHLY TO ESTABLISH ROOT	—



CHARD



CILANTRO

SEEDING RATE	2 oz.	2 oz.
PRE-SOAK	Yes	No
BLACKOUT TIME	4-7 DAYS	6-7 DAYS
APPROX. TIME TO HARVEST	10-14 DAYS	21-28 DAYS
NOTES	—	KEEP MEDIUM MOIST DURING BLACK OUT PERIOD, PREFERS COOLER TEMPERATURES