






My Indoor Micro Farm*: Base Kit







My Indoor Farm

Step	Instructions
1	Remove all items from the Plastic case; do not throw anything away!
2a	<p>Verify you have all the necessary pieces:</p> <ul style="list-style-type: none"> • Box & lid (26x35x8 cm or 10- 1/4" x 13- 3/4" x 3- 1/4") • Coconut coir mat (this is a medium/dark brown) • White growing medium (Basic: Coconut; Premium: felted wool) • 4 packages of seeds, labeled • Seeding template • Pump hole cover (black)
Optional Step 2b	<p>If you purchased the optional pump, place it inside the box, near the center hole area; run the cord through the cutout space so the lid fits properly in the next step. If you are using the pump, you will need to fill your box about half full with BOTTLED WATER at this point. DO NOT USE REVERSE OSMOSIS FILTERED WATER as this will leach nutrients from your plants! Bottled "spring" or "drinking" water tend to work well. We use high-alkaline water, and the plants seem to love it. Set the slider on the pump so that the water JUST bubbles up. Test this BEFORE you put seeds into the tray.</p>
3	<div data-bbox="358 972 894 1373" data-label="Image"> </div> <p>Place the lid onto the box; it should fit easily – it is VERY IMPORTANT that the box & lid are fully level, as the plants need to get evenly watered.</p>
4	<p>Place the brown coconut coir mat on top of the lid; line up the center holes. This mat helps the growing medium to always have moisture, but not be soggy.</p> <div data-bbox="1019 1373 1533 1755" data-label="Image"> </div>

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5	<p>Place the white growing medium over the brown mat; your stack should be in this order:</p> 
6	<p>Make sure the lid, coir mat, and growing medium line up around the center holes, like this: Insert black pump hole cover (not shown; only needed if you purchase the pump, because it diffuses the water).</p> 
Decision Time	<p>Are you going to plant all 4 sections at once, or are you going to stagger your planting? If you only want to plant some sections, then remove the extra sections now, so they remain dry until you want to use them.</p>
7	<p>Dampen the growing medium with bottled water (see optional step 2b), which helps the seeds stick in place. If the mat is too wet, the seeds will stick to the template, so it should be DAMP, not SOGGY! Sometimes, we wring out the mat in the sink if we get them too wet at first. They are tough; they can take it! (They actually can be cleaned & reused).</p>
8	 <p>Place the seeding template over the first section you want to plant – there is a little cutout to accommodate the pump hole 😊</p>
9	<p>Choose the first set of seeds you want to plant:</p> <ul style="list-style-type: none"> • Radish (7-10 days to first harvest) • Broccoli (14 days or so to first harvest) • Kohlrabi/ Cauliflower mix (14 days or so to first harvest) • Arugula/ Endive mix (14 days or so to first harvest)

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10	<p>CAREFULLY open the seed packet; there is the correct amount of seed for each seed type included. Seeding too densely can lead to mold and other issues, so we measured the same amount we use in our commercial operation for you, for each seed type, for maximum success.</p>
11	<p>Apply a single layer of seeds into the seeding template, so you will have nice neat “rows” when you are done planting your farm. We have shown only one row “filled” here, but you need to fill ALL the rows before you lift off the seeding template. DO NOT FILL UP THE TEMPLATE TO THE TOP – the seeds will be way too deep!</p> 
12	 <p>Here is what a single row will look like right after seeding. Pretty tidy, and only 1 seed “deep”. If you have any seeds on top of any other seeds, gently spread them out with tweezers or your fingers, so they are a single layer only. Normally, you will seed 4 rows at the same time (we did just 1 for these photos).</p>
	<p>If you decide to seed all 4 at the same time, repeat steps 8-12 for each section of your micro farm.</p>
Optional Step	<p>For absolute BEST results, darken your seeds for 24-48 hours. You could put them in a dark closet/ shelf, place clean paper towel or a clean tea towel over them. This is not necessary, but many seeds like a day or 2 of dark to sprout their best.</p>
About watering	<p>Do NOT FORGET TO WATER YOUR SEEDS. Every day, it is good to check that your “crop” is not drying out. The coir mat will help keep it moist, but it is important to check it once a day.</p> <p>If your pump is running daily (automated) you should still check, to be sure the entire area is getting enough water. And not too much!</p> <p>Sometimes, we find a pump needs a bit of adjusting. If this happens, CAREFULLY lift the lid off, keeping it level and not disturbing the seeds. Adjust the pump as needed and CAREFULLY replace the lid.</p>

Step	Instructions
13	<p>A few days after planting, your seeds should look something like this. This picture is Radish.</p> 
14	<p>After a few more days, like this:</p> 
15	<p>After a week or so, they might look like this (it depends on the variety how quickly they grow). This picture is the Arugula/ endive mix.</p> 
16	 <p>When they get to a size like this, they are ready to eat! You can cut some at a time, or the entire "crop" in one go. It just depends how hungry you are! These happen to be radish micro-greens. You can tell, because they have lovely pinky-red stems.</p>