

GROW KIT INSTRUCTIONS

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6



STEP 7



STEP 8



REMEMBER!

Every location has a unique environment that will slightly alter the requirements for microgreens to thrive. Some trial and error must occur to perfect the method that will work best in your home. Just do your best!

- 1. Set Up Base Camp:** Place the green germination tray inside the black bottom watering tray. This two-layer system keeps water accessible but not overwhelming. (See Photo 1)
- 2. Prepare the Soil Stage:** Fill the green tray with soil, creating an even surface for planting. This will be your seeds' nurturing ground. (See Photo 2)
- 3. Sowing the Scene:** Distribute your seeds evenly across the soil. They enjoy close company, which encourages a full, lush growth. Press the seeds gently into the soil. Just a light touch to secure them in place is enough. (See Photo 3)
- 4. The Dew Dance:** Mist your seeds with water using the spray bottle. Keep the soil moist but not drenched, morning and evening. (See Photo 4)
- 5. The Cozy Phase:** Cover the tray with a breathable cloth (or even a book) for the first few days. This simulates the earth's embrace and encourages germination. (See Photo 5)
- 6. The Grand Unveiling:** After 3-4 days, remove the cloth. They'll need light to grow but not direct sunlight, so a bright room is perfect. (See Photo 6)
- 7. The Growing Show:** Watch as your microgreens mature. Keep them hydrated by bottom-watering only after leaves appear (See Photo 7) and give them love. They enjoy music and conversation just as much as we do!

The Harvesting Gala:

When your microgreens are 1-3 inches tall and have sprouted their first set of true leaves, it's time for harvest. Using care and caution for your fingers, gently snip them above the soil line with clean scissors or a very sharp knife.

Storing Your Bounty: Keep your harvested microgreens in a container lined with paper towels. They prefer the chill of your refrigerator, especially if you have a crisper drawer. This will keep most microgreens fresh for about up to two weeks. Some like pea tendrils may last over a month!

Microgreens on the Menu: Top off your sandwiches, throw them into a smoothie, or garnish your gourmet meals. Microgreens are versatile—let your culinary imagination run wild!

Wrapping Up: From sprouting seeds to the lush harvest, you're now ready to embrace the joy of microgreens farming. With these easy steps, you'll transform your kitchen into a verdant oasis of nutrition and flavor.

We'd love to witness your journey so please share photos of your trays growing on our Facebook page at <http://www.facebook.com/ferpherfarms>.

Happy Growing from Ferpher Farms! "Sow, Grow, and Savor the Goodness!"

DIY MICROGREENS!



Eat Life
FERPHER FARMS LLC

MAGIC MICROGREENS GROW KITS

MEET CHRISTOPHER & JENNIFER AKA "THE FERPHERS"



Welcome to the world of microgreens, the tiny heroes of the culinary world! Ferpher Farms' Magic Microgreens Grow Kit is your gateway to learning to grow nutrient-packed microgreens that are as beneficial as they are delightful. These little wonders are a dynamo of vitamins and minerals, often containing MUCH higher nutrient levels than their full-grown counterparts. Let's embark on this verdant voyage together!

WHY MICROGREENS?

Packed with vitamins, minerals, and antioxidants.

A colorful, flavorful boost to any meal.

Easy and quick to grow, harvest, and enjoy.

CHOOSING YOUR SEEDS

Selecting the right seeds is like choosing the cast for a blockbuster movie; each one brings its own flavor and flair to the scene.

Whether you're a fan of spicy radishes, earthy beets, or the tender sweetness of peas, Ferpher Farms has a seed selection to suit your palate.