



LET'S GET GROWING!

Thank you for choosing Mandi's Microgreens **GROW AT HOME** kit. Everything you need to grow just arrived in your **GROW AT HOME** starter kit. This guide will walk you through your first grow and we hope many, many more. Your microgreens will be ready to harvest in about 14-18 days. If you have questions feel free to call (360-844-0794) or email us (jilloyd@mandismicrogreens.com), we are happy to assist. Good luck!

GROW AT HOME KIT CONTENTS

1. Non-Perforated grow tray (no holes in the bottom)
2. Perforated grow tray (has holes in the bottom)
3. Sanitized soil
4. Moisture barrier
5. Seed packets





To get started, fill the perforated tray (the one with holes in the bottom) with the bag of soil.



Add two cups of water to the non-perforated tray and slowly place the perforated tray and soil in the non-perforated tray. Leave for 1 hour and the water will slowly absorb in the soil.



With a spray bottle moisten the soil on the top of the tray.



Slowly sprinkle the seeds on top of the soil. Make sure not to bunch up the seeds in clumps as this can cause crop failure.



With a spray bottle moisten the seeds you have sowed on top of the soil. These seeds are fine to sit on top of the soil (they do not need to be covered with dirt like you do in a garden.)



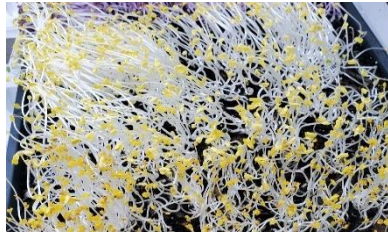
Place the moisture barrier (plastic) on top of the seeds. Then remove the perforated tray and place it on a large plate. The non-perforated one will have a little water and dirt in it. Wipe it out.



Sit the non-perforated one on top of the moisture barrier (which is on top of the soil and other tray). Finally, place a weight inside the tray. A can of food works well. Make sure it weighs a pound or so—the seeds do need pressure on them in order to germinate.



Keep the tray covered for two days. After two days, remove the top tray and weight and moisture barrier. Now place the non-perforated cover upside down over the germinated microgreens. Keep the tray covered this way for 24 hours.



After 24 hours, remove the non-perforated tray. Put a cup of water in the non-perforated tray. Place the perforated tray with microgreens back into the non-perforated tray that has water in it. Microgreens will be pale and yellow. Place the tray near a window or in an area that has a lot of light.



In about 14 days, your microgreens will be ready for harvesting. During those two weeks, you will need to water them if needed. To water the microgreens, add one cup of water to the bottom non-perforated tray as needed. Check the soil to see if is damp or if there is still water in the bottom tray. Once the greens are to a desired length, (after about two weeks), they are ready to eat! Use scissors to cut them at the stem above the dirt. Rinse and enjoy!

Microgreens are delicious even as they get a little taller so just keep them happy with sun and water and harvest them until they are gone. If you want ideas on recipes or using them in everyday food visit our blog at

<https://mandismicrogreens.com/mandis-page> or check us on Instagram,  @mandismicrogreens.