

GUAHAN SUSTAINABLE CULTURE and DC Aquatic Systems-Village Micro Farm

PLANTING INSTRUCTIONS

THIS 1st STEP IS NOT NECESSARY DURING THE PLANTING PORTION. BUT IS NECESSARY DURING GROWTH STAGE.

Balance The pH Of Your Water – IMPORTANT! – Microgreens seeds are sensitive to the pH of water. Use the included pH test strips and instructions to adjust the pH of your water. Most microgreens will do best at a pH of 6. A range of 5.5 to 6.5 is acceptable. Make sure to only water your crops with water you have balanced to an acceptable pH.

Step 1

Soil. Place tray on a level surface and spread out soil evenly. Level soil with hand and break up and large clumps. (Optional) With a hard flat object, such as a book, scrap piece of wood, or square kitchen container press firmly down on the soil so that it is uniform and smooth.

Step 2

Water. There are several ways to do this correctly. If you have access to a hose with a nozzle, or watering pale lightly spray the tray until it is completely saturated. You can do this indoors by placing a paper towel over the soil and soaking with a small mouth cup. If you use this method remove the paper towel once your soil is saturated.

Step 3

Seeding. Your tray can grow between 3-5 grams of seeds, depending on the variety. Pour seeds into a small cup or container. Sprinkle your seeds evenly throughout the entire tray so that there are no bare spots or clusters of seeds. One seed packet should fill an entire tray.

Step 4

Lightly water the seeds. Best done with a spray bottle

Step 5

Cover your tray. Don't let your soil dry out. Give it a **light** misting with the spray bottle each day. don't overdo it. Watch for any mold developing.

Step 6

On day 2 or 3 you should be able to uncover the tray. Place in a fairly warm location that gets at least 3 hours of sun per day. Be very careful to not let plants get direct sunlight as this would be too to for the plants. Best if under artificial light. What you are looking for are the first sight of the cotyledons. Those are the initial heart shaped leaves that form from a sprouted seed and hold so many vitamins and minerals.

Step 8

Continue to water. We recommend watering every other day. Check to see if the soil is wet with your finger. If it is dry and crumbles give if more water. If it is soggy or muddy don't water!

Step 9

Wait and watch them grow. Your tray should be ready for harvest in about 7-10 days, but you can continue to harvest if you take good care of it.

Step 10

Harvest and feast. The best way to harvest is with scissors or a sharp or serrated knife. Enjoy on any dish as a garnish or mix in a salad for a healthy, fresh addition.