



Patriot Green Microgreen Grow Kit

STEP 1: PREPARING PH ADJUSTED WATER

Fill the spray bottle with filtered water. Take a pH test strip and with the pipette place a drop of water on it and compare it to the color chart. The reading needs to be between 6 and 7. This is not an exact measurement, so a close approximate is sufficient. If the pH number is below 6 the water is too acidic. Acidic water can be adjusted by adding a small amount of baking soda (1/8 teaspoon or less - it is better to do too little than too much). If the pH number is above 7, then the water is too alkaline. Alkaline water can be adjusted with a small amount of lemon juice (a drop or two at a time). If the water needs adjusting, repeat the same process every time you refill the spray bottle.

STEP 2: PREPARING THE SOIL

Spray about a pint of water onto the soil. The soil must be wet, but not so saturated that it pools in the bottom tray. If that happens just dump the excess out.

STEP 3: SEEDING

Take a seed packet and empty the contents into a juice glass or small cup. Pour a little bit at a time into your fingers and sprinkle the seeds over the tray. Seed the entire tray in several thin layers. If an area gets too congested, then avoid it on your next pass. By the time you're done, the tray should have an even distribution. There will probably be a few crowded areas and that is fine. Adjust the spray bottle to a fine mist. Hold it about ten to twelve inches above the seeded tray and lightly spray about one cup of water. *Tip: Use caution when spraying. If the spray is too hard or too close, it will blow the seeds around.*

STEP 4: GERMINATION

Take the remaining no holes tray and nest it directly on top of the seeds. At this point, weight must be placed on the seeds to promote healthy rooting. It is recommended to place between twelve to sixteen pounds of weight on the top tray (example: 8x16 concrete paver, bricks, or anything that will evenly distribute weight onto the tray). The seeds are now in germination. Check the progress of the seeds after three days. If there is a full even cushion of little sprouts throughout the entire tray, then it is ready for the next stage. If the coverage is not full, then mist the seeds and recover with the top tray and weights for a day. If you are unsure, give it more time. Please note: the roots may look furry but that is a normal stage of development called root hairs. *Tip: The ideal temperature range for microgreens is between 75 and 80 degrees, however microgreens can still grow at temperatures ranging from 70-85 degrees. Humidity can also be a factor in microgreen growth. Ideal humidity levels are under 50% with 35 to 40% being best. Try to find a spot to place the tray that meets these parameters. A warmer area may take three days while a cooler area may take four days for this stage.*

STEP 5: BLACKOUT

When you have decided that the tray coverage is full, take the top tray off. Lift the seed tray up and give the bottom tray a good misting to moisten the roots. Now give the sprouts a light misting. Turn the top tray upside down and cover the seed tray. For this stage, it is imperative that hardly any light reaches the plants. Keep the tray in blackout for up to two days. You want them to be over the top of the tray before you put them in light. *Tip: The blackout stage establishes the height of the microgreens. The plants are going to stretch looking for light. Placed in light, so they will grow fuller but not much taller. A piece of tape might help keep the upside down tray in place.*

STEP 6: WATERING AND LIGHT

Once the greens reach the appropriate height, remove the top tray. Lift the seed tray and pour 1.5 cups of water in the bottom tray. Initially the water will be absorbed fairly quickly so check it after 3 to 4 hours, then in the morning and evening after that. If the bottom tray is dry, add more. *Tip: If they have fallen over they probably need water and will bounce back.*

Place the tray under a fluorescent light, shop light, grow light, or in an area with good sun exposure. Microgreens need 12-18 hours of light a day.

The microgreens will develop two sets of leaves during this period. The first set is called cotyledons and the second set is called true leaves. When the second set of leaves appear, the plant is technically at the microgreen stage and ready to be harvested. *Tip: A small amount of airflow is also recommended during this stage.*

STEP 7: HARVESTING AND STORING

The microgreens can be kept alive and cut as needed, for several days, however, as the true leaves begin to grow larger, the plants will lose flavor and nutrient concentration. When the microgreens are ready to be cut, take a sharp knife or scissors and cut above the roots and dirt. To keep them fresh, fold the microgreens into a dry paper towel, and store in a sealed container in the refrigerator. If the paper towel dampens, then replace it with a dry towel as needed. *Tip: For best results do not water the microgreens for several hours prior to harvesting. Lastly, compost the soil, clean the trays with water, sterilize the trays with a food safe product, then start all over!*

Enjoy your Patriot Green Microgreens!