

MICRO-GREENS KIT

Miniature Garden Sprouter with 8 replacement Baby Blanket pads & 1/4 pound each of Arugula, Broccoli, Clover, Cress, Mustard, Radish

Instructions for a wonderful crop:

1. Some of the seeds in this kit (Arugula & Cress) are mucilaginous – they should never be soaked! Soak the others before “planting”. Start with 1 Tablespoon of seed. Put seed in a glass and add 1/4 cup of cool (60-70°) water. Mix seeds up to assure even water contact. Soak for 8-12 hours.
2. When your seeds are ready, thoroughly moisten a pad and place it on a tray. Spread the seed evenly across the surface of the pad. Pull the tray(s) out so that they stick out of the base as far as they can. Set anywhere out of direct sunlight and at room temperature (70° is ideal).
3. Keep watering the pad for 5-10 days. The goal is to keep it moist – not soaked.
4. When you see tiny leaves, move the mini-garden (if necessary*) to a well-lit location, for greening. Avoid direct sun as it will dry the pad quickly. Experiment - you will be amazed at how little light sprouts require to green up. Continue to Rinse and drain every 8-12 hours.
5. As the Micro-Greens grow, water the pad, not the greens (you may mist them with liquid fertilizer – like kelp - if you like), they are very delicate, water can knock them down.
6. When the Greens are 2-3 inches tall and have open colorful (green in most cases) leaves, they are done. Cut them off just above the pad.
7. Micro-Greens are best eaten fresh – they often don't last more than a few days in the refrigerator. To clean the Mini-Garden pads: Pull any roots out that come easily, then let the pads dry for a day or 3. The remaining roots will usually be so dry that they just brush off, but if your pad breaks – use some Baby Blanket next time – that's why its included.

* We keep our Miniature Garden in the center of our rather dimly lit kitchen. The 150 watts of incandescent light and the very little indirect sunlight is plenty to get them green.

Further information can be found at www.sproutpeople.com/seed/kit/microgreens.html