

# 'ONO MICROGREENS

## GROW KIT INSTRUCTIONS

(STARTER KIT)

### Grow Kit

- FOUR 5X5 BLACK GROW TRAYS (SOLID)
- TWO 5X5 COLORED TRAYS (SLOTTED)
- ONE COCO COIR DISC
- ONE PACKET OF BASIC SALAD SEEDS
- ONE PACKET OF BROCCOLI SEEDS
- ONE 2 OZ. SPRAY BOTTLE

## PREP TRAYS

Pour 1 to 1 1/2 c. of water over Coco Coir disk to hydrate. Allow Coco Coir to absorb water (5 min). Use hands to break up disk. Squeeze to remove excess water. Stack 1 slotted colored tray on top of 1 solid black tray. Evenly spread coco coir into top tray and gently flatten with your hands.

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## SEEDING

Spread packet of seed on each tray evenly. You can do this by hand or with a spice jar (easier to spread evenly). Fill spray bottle with water and mist over seeds. It is important that you don't over water seeds. 1 oz of water (half of spray bottle) is sufficient enough to moist seed for germination.

## GERMINATE

Add 2nd black tray to cover coco coir. Place heavy object on top of top tray to help build stronger roots. Keep tray covered for 4 days. You should see sprouting after 4 days.

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### GROWTH

Remove black tray (top). It is now time to give your microgreens light and water. Water bottom tray for 6 days with 1/4 cup of water (soil should be damp, not soggy). Allow your microgreens an average of 8-10 hours of light (daylight or grow light). Avoid humidity to prevent mold. Grow indoor with circulating air.

4



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### HARVEST

Your microgreens will be ready to harvest in 7-10 days. Less water is recommended a day prior to harvesting. Use a scissors or knife to cut microgreens avoiding coco coir on bottom. Microgreens can be stored in your refrigerator up to 2 weeks. Prevent moisture in storage container by placing a dry paper towel bottom and top of microgreens. Rinse before using. Happy Growing!

Grow kits include supplies for two growths. Please repeat steps with new packet of seeds for your 2nd growth of microgreens.



Upon removing top tray from germination period, you will notice root hairs on the bottom stem of the microgreens..

Root hairs are part of the plant's root system and is normal.

Hint: Root hair is fuzzy, mold will appear looking like spider webs.

Find out more information:

 [www.onomicrogreens.com](http://www.onomicrogreens.com)

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