

SUNFLOWER MICROGREEN KIT

Delicious nutty sunflower taste in a crunchy microgreen! The sunflower is a widespread historical symbolism, and was used to symbolize sun deities for many indigenous groups across South and North America. Best as a microgreen only (cannot be sprouted in jar).



KIT INCLUDES:

- 150 g Black oilseed sunflower (enough for 2 batches)
- 300 g PRO-MIX HP Mycorrhizae growing medium
- 38 oz rectangular grow tray with lid and air holes

GROWING INSTRUCTIONS:

- You have enough seeds for more than one batch in the little tray: if you're going to use the tray, you need to measure how many seeds to prepare. Pour enough seeds into the bottom of the empty tray to make one layer of seeds. You don't want them too crowded: just one layer loosely spaced is enough for one batch.
- Soak the batch of sunflower seeds you want to plant for **4-8 hours** in room temperature water.
- Prepare your tray: substrate should be 1.5-2 inches deep: enough to bring the seeds close to the lip of the container (which increases airflow). Make sure your substrate is properly moistened.
- Sprinkle the soaked seeds over the moistened soil in a tray, and press them gently into the loose soil. Cover loosely with a clean towel, unbleached paper towel, plastic, or a thin layer of soil to maintain humidity. Stack the lid upside down on top of your seed covering: and put weight in the lid (such as a paperweight, some small river stones, etc). This weight helps root the seeds into the soil.
- Days to Sprout: 8 to 10
- After the seeds begin to germinate (aka sprout), remove the towel/lid and continue spritzing the sprouts twice daily until they reach the desired height.
- Check daily to determine the moisture: soil should be damp, but not wet, and can dry out briefly. Avoid keeping it too wet.

Growing tips: Sunflowers have large seeds. Ensure they are completely covered so that the seeds stay moist: seeds that dry out rarely germinate. To obtain great germination, keep your seeds at a steady temperature (21 C is ideal).

Storage: our seeds should sprout well for a year after you purchase them, if stored in a cool dry place. If you'd like to extend the germination life of your seeds, store them in the fridge. If you store your seeds in the freezer, they'll last even longer!

Butterfly Wings N' Wishes respectfully acknowledges that we operate on Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples whose histories, languages, and cultures continue to influence our business, our way of life, and our community.

All seeds provided in partnership with MUMM'S SPROUTING SEEDS.

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