

# GROWING PAC C

Included in your Pac C:



## 5 lbs. of Wheat seed

Organic Hard Wheat Seeds  
\*Also referred to as 'wheat berries'



## 5 lbs. of Sunflower seed

Organic Small Black Oil  
Sunflower Seeds



## 5 lbs. of Pea seed

Organic Snow Pea Seeds  
\*Speckled pea seed can also be used



## 8 lbs. of potting soil

When you need more soil, any brand of potting soil /mix may be used. Be sure there is peat moss in the mix..



## 3 sets Sprouting Pitchers

Three pitchers with holes and three pitchers without holes, plus six lids.  
\*Only three lids are needed



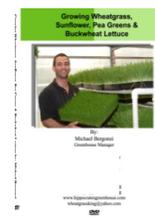
## 6 large planting trays

1 lb. or 2 cups of wheat (or pea) seed per large planting tray.  $\frac{3}{4}$ lb. of sunflower per large tray.



## 4 Shelf Growing Rack / Greenhouse

Rack will hold 4 large trays (17"x17") or 8 - 16 small trays (10"x10")  
\*16 small trays without the plastic cover.



## Growing Wheatgrass DVD

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For more details, please visit:  
[www.wheatgrassgreenhouse.com](http://www.wheatgrassgreenhouse.com)



\* Keep Sunflower seeds covered with a weighted tray for the first 4-5 days of its growth, watering heavy once a day.

Sunflower will push up the weighted tray.



\* After you remove the weighted tray, then place an empty tray upside down on top to keep them dark for two more days. Still water everyday.



\* Sunflower will be very yellow looking when you uncover, this is normal. Rub hand across the wet sunflower to remove hulls. They will green up after one day.



\* Sunflower will be ready to harvest when you can see a second set of leaves growing out of the middle of the first set of leaves. Average 9 days..

## LET'S START TO GROW YOUR OWN GREENS!

1. Soak 1½ cups (¾ lbs) of seeds overnight or 8-12 hours. Put the dry seeds in the pitcher with the holes. Place that pitcher inside the pitcher without the holes. Fill with water and soak overnight. In AM, lift out to drain by taking the pitcher with holes out of the pitcher without holes. Rinse off and place back inside empty pitcher with no holes to catch the residual water as it drips.
2. Sprout the seed in pitcher for 24 hours, rinse seeds in AM and again in PM by removing the pitcher with holes. Run water over seeds and shake gently to mix up seeds, bottom seed needs some air. Use the empty pitcher to catch the dripping water.
3. Plant seeds the next day after a very short 'tail' is visible. Fill the tray half way with an even layer of soil. Put seeds on soil evenly. Do not bury the seeds under the soil. Water generously, until tray drips, be gentle. Cover the seeds to keep them wet. Another tray of the same size can be used on top of the seed, either empty or full with soil, or a black piece of plastic.
4. Water tray for the first three days of growth, once a day in AM, heavy but gentle. Soak the soil until the tray drips. In the pm, lift cover off to lightly mist seed with a spray bottle.
5. On the fourth day, uncover tray (roots should be in soil). Water heavy once a day, until the tray drips. Keep the grass out of direct sunlight. If you can 'see' in the room where you are growing there is plenty of sunlight for your grass to green up. Full/wide spectrum lights may be used in the room if needed.
6. Harvest grass when a second blade of grass appears or when the grass 'splits / joints' toward the bottom of the blade. Average growing time is 7-12 days. Cut grass with scissors or knife right above the seed.
7. Harvest the entire tray at one time, and store cut grass in ziplock or "green bags" in fridge. Be sure that your fridge is cold, 38-40 degrees. Only harvest first growth, then start again with new seed and soil.

\*View the instructional DVD for more details. Please visit [www.wheatgrassgreenhouse.com](http://www.wheatgrassgreenhouse.com) for FAQ's.

## **GROWING SUNFLOWER GREENS!** only a few things are different than growing wheatgrass

Differences:

plant less seeds, 1<sup>3</sup>/<sub>4</sub> cups (3/4 lb instead of 1 lb)

Cover the sunflower seeds (after soaking, sprouting, planting) with a **weighted** tray, Keep covered for 5 days, water once a day, then uncover from weight and keep in dark for 2 more days (covering with empty upside down tray).

- 1. Soak just over 1<sup>3</sup>/<sub>4</sub> cup (3/4 lb) seeds** overnight or 8-12 hours. Place your cup of seeds (still dry) in the pitcher with holes. Assemble both pitchers (placing the one with holes inside the one without holes). Fill up with water and soak overnight. In AM, drain out by separating both pitchers. Rinse out the seeds and re-assemble the pitchers, the bottom pitcher will then catch the dripping water.
- 2. Sprout the seeds** for 24 hours. Keep them in pitcher, just rinse them out once in AM and again in PM. Separating the pitchers, run water over seeds and shake gently to mix them up, giving some air to bottom seed. End by reassembling pitchers each time.
- 3. Plant seeds** the next day, once a short 'tail' is visible. Fill the tray half way with an even layer of soil. Spread seeds on top of soil evenly. No need to bury them under the soil. Water generously, until tray drips. **Cover the seeds** to keep them wet. Using a **weighted tray** (full of soil for example). You can't put 'too much' weight on them. You won't hurt them.
- 4. Water tray** for the first 5 days, once a day, heavily but gently. Soak the soil until the tray drips. Lift cover off to water.
- 5. Remove weighted tray** on the **6th** day, (maybe on the 5th day during summer). Keep in the dark for 2 more days using an empty upside down tray. Keep watering once a day, until the tray drips.
- The sunflower **shells** (black hulls) should **slide off** the leaves as they are growing, or you can 'rub' them off when they are wet. Best is to catch the tray early in the morning, while it is still 'dewy' on the 7th or 8th day, and rub your hand across the tops.
- 7. Harvest grass** when a second blade of grass appears or when the grass 'splits/joints' toward the bottom. Sunflower will joint / split at the top, when you see a second set of leaves starting to grow. Pea greens are about 8" tall. Average growing time is **10-12 days**. Cut grass with scissors or knife right above the seed. Harvest entire tray at one time.
- 8. Store cut greens** in fridge using ziplock or "green bags". Be sure that your fridge is cold, 38-40 degrees. Only harvest first growth, then start over with new seeds and soil. Greens will last 1-2 weeks in fridge.

Juicers can be added at a discounted price. Visit our website for complete details. [www.wheatgrassgreenhouse.com](http://www.wheatgrassgreenhouse.com)