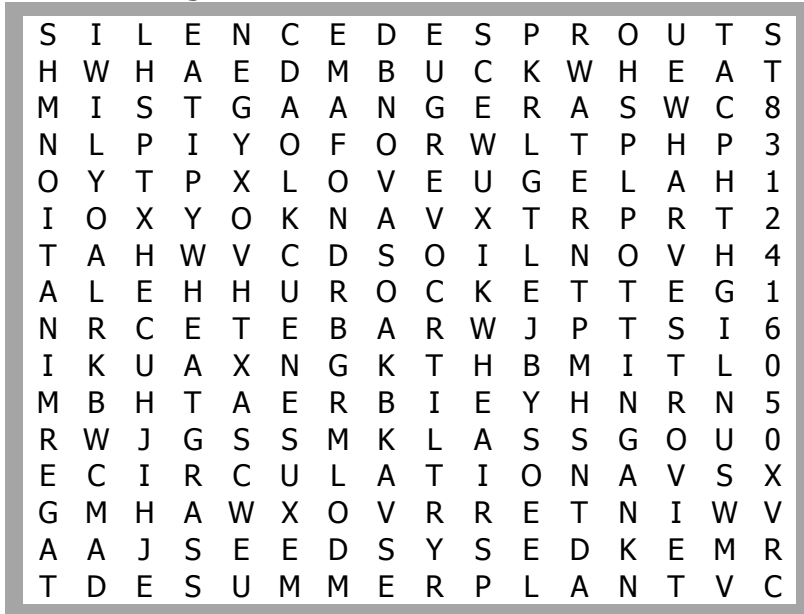


## Wheatgrass Word Find Puzzle #1



Find the words in bold in the puzzle above:

1. **Soak** all of your **seeds** for 8 - 12 hours. (Over night seems to work best.)
  - a. Try to use purified or drinking water when soaking. (Tap water is OK.)
  - b. Between 1 - 1½ cups of dry seed per tray.
  - c. Rinse seeds several times immediately after soaking.
2. **Sprout** your seeds 16 - 24 hours, or until small tail appears.
  - a. Rinse seeds throughout sprouting time. Ex. Before and after bed and work.
3. **Plant** seed, one heavy layer, on top of **soil**. (**Cover** soil with seed, more in **winter**.)
  - a. Soil can be obtained from any Home Depot store. (Supersoil, Lambert, etc...)
  - b. **Potting** or top soil will work fine. (Check ingredients for peat moss.)
  - c. One part peat moss to three parts soil is a good average for any soil used.
4. **Water** once a day, heavy, or until tray just starts to drip. (Entire time!)
  - a. First three days water heavy but gentle as to not disturb seeds.
    - Keep seeds covered during **germination** period.
    - Uncover to **mist** seed twice a day. (More misting means faster growth.)
    - Seed must be kept wet, not necessarily dark.
5. Uncover seed on the fourth day and continue to grow in the in-direct **sunlight**.
  - a. Grass will take 7 - 10 days in the **summer**, 10 - 14 in the winter.
  - b. There is no set height, just watch for the second blade starting.
  - c. Once grass splits, it will last another 1-2 days in tray before you must harvest.
  - d. **Harvest** your **wheatgrass**. Cut grass will last up to 7 days refrigerated.
  - e. Be sure your refridgerator is cold, 36-38 degrees and your grass will last longer.

More helpful hints: (Bonus word - Michael's favorite cat, **Rockette**.)

- Your grass will grow back a second time and can be used for your pets.
- You may grow your **Sunflower**, Pea Greens and **Buckwheat** the same way.
- Air **circulation** is VERY important during growth period to help prevent mold.
- **Breath** deep around your grass as it is giving you lots of **oxygen**!
- Classical music can be played for your grass to help increase nutritional content.

"Unconditional **Love** is Total **Silence**"

Questions about growing your sunflower, pea greens, buckwheat, or wheatgrass, email Michael at

E-Mail: [wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com) Please no phone calls.

[www.wheatgrassgreenhouse.com](http://www.wheatgrassgreenhouse.com) for more information on wheatgrass growing.

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