



## Wheatgrass FAQ's:



**Q:** How long does it take to grow?

*A: Approx. 8-12 days. (longer in colder weather)*

**Q:** What kind of seed do you have to use?

*A: Hard Winter Wheat Seed (wheatberries) or Hard Wheat.*

**Q:** How often do you water the grass?

*A: Once a day, heavy (until tray drips). Cover for first 3 days.*

**Q:** How long do you soak the seeds?

*A: 8–12 hours, or overnight.*

**Q:** What temp. should I keep it?

*A: Anywhere between 60–80. If it goes above 80 degrees, air circulation / air flow is needed.*

**Q:** When is it ready to cut?

*A: When a second blade becomes visible. (at the bottom)*

**Q:** Will the grass grow back a second time?

*A: The second growth has lost 50% nutrition.*

**Q:** How long will it last after it is cut?

*A: One week in the refrigerator. Two in Evert Fresh Bags.*

**Q:** How much should I drink?

*A: 1-2 ounces, on an empty stomach, at a time.*

**Q:** How much light does it need?

*A: Very little, never direct sun.*

**Q:** What about Frozen or Powdered Grass?

*A: They are good alternatives, Powder is much better than Frozen.  
**There is no substitute for fresh.***

**Q:** What kind of soil should I use?

*A: Basic potting/top soils with peat moss in the mix.*