

GROWING PAC A

Included in your Pac A:



5 lbs. of Wheat seed

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



4 small planting trays

1/2 lb. or 1 cup of wheat (or pea)
seed per small planting tray.
Yields approx 1 lb of grass (8 oz)



1 set Sprouting Pitchers

One pitcher with holes and one
pitcher without holes, plus two lids.
*Only one lid is needed



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..

LET'S START TO GROW YOUR OWN GREENS!

1. Soak one cup (1/2 lb) 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.

*There is also an instructional DVD available. Please visit www.wheatgrassgreenhouse.com for more details.