



POTS OF LOVE

Instructions for growing microgreens

Radish, Kale, Kohlrabi, Broccoli, etc.

- 1 Place Seed tray (tray with holes) inside Bottom tray (tray without holes).
- 2 Add 2.5 liters of potting mix (soil-less). Break up any clumps and spread it around to an even depth across the tray using gloved hands, making sure to push it well into the corners.
- 3 Gently firm down the mix, making the surface as flat as possible so the seeds will distribute evenly. You can use gloved hands or a ruler, or even a piece of board cut to the size of the tray.
- 4 Sprinkle the contents of 1 POL seedpack across the surface of the tray. Try to distribute the seeds as evenly as possible, so they are not on top of each other, and not buried.
- 5 Gently lift the Seed tray off the Bottom tray and set it aside. You will see some potting mix in the Bottom tray that has fallen through the holes. Pour this back into your bag of potting mix.
- 6 On a level work-surface, add 1250ml (1-¼ Liters) of water to the bottom tray.
- 7 Gently place the Seed tray back onto the Bottom tray, but do not force it to submerge. Water will gradually absorb up into the potting mix and the tray will slowly sink. Wait 5 minutes, or until most water has been absorbed.
- 8 Lightly mist the surface of the seeds and potting mix to ensure the best adhesion.
- 9 Now lift off the Seed tray, and put the Bottom tray on top of it. Weigh it down with something fairly heavy such as a couple of large books.
- 10 Leave the trays somewhere warm (e.g. top of refrigerator) to germinate for about 3 days. Do not lift the Bottom tray before the seeds have rooted, as you may damage them.
- 11 When the seedlings have germinated, and grown tall enough to be pushing up the Bottom tray, it is time to get growing. Put the Bottom tray back below the Seed tray and place them where your microgreens can grow on for another few days.

WARNING: the bottom of the Seed tray will be wet, and water may squeeze out of the holes, so using a boot tray or similar will help protect your home.