

MICROGREENS

Growing Instructions

Hortiki Plants Eco-friendly Seed Starting Kits





TABLE OF CONTENTS

3 KIT CONTENTS

9 FUN IDEAS

4 USING BIODEGRADABLE
POTS AND TRAYS

10 ABOUT HORTIKI

5-6 GROWING
INSTRUCTIONS

11 CONNECT WITH
HORTIKI

7-8 ADDITIONAL SUPPORT




KIT CONTENTS

- | | | | |
|---|-------------------------------------|---|---|
| 1 | INSTRUCTIONS | 2 | TYPES OF GROWING MEDIA, ORGANIC POTTING SOIL AND COCONUT COIR |
| 3 | SEED SACHETS WITH ORGANIC SEEDS | | |
| 3 | BIODEGRADABLE POTS | 3 | BAMBOO LABELS |
| 2 | BIODEGRADABLE WATER CATCHMENT TRAYS | 1 | RECYCLABLE GLASS MISTER BOTTLE |

STAY CALM. IT'S ONLY PALM.

TRAYS

Hortiki Plants' water catchment trays are made from fallen palm leaves that otherwise would be burned releasing carbon into the air. These trays are also Forest Sustainability Council certified meaning the materials are responsibly harvested. They are a great, biodegradable alternative to plastic trays.



Trays are provided to protect surfaces from small amounts of water runoff. Because of their plant based construction, long periods of standing water can cause trays to lose rigidity.

If using mister, plants can be lightly misted in tray. If watering more completely, water plants in the sink and let drain fully before placing back in water catchment tray.

POTS

The fiber based construction of the biodegradable pots included in your kit helps improve aeration for your plants.

These pots insulate plant roots from fluctuations in temperature, providing a healthy growing environment. They can be reused or, if planted into the soil, they will begin to biodegrade in 2-3 growing seasons.



READY, SET...

PREP SOIL

Your kit includes a combination of coconut coir pellet and potting soil. Soak coir pellets in water for 2-4 minutes. Unwrap and mix with soil for a mixture that is both nourishing and well draining. Perfect for your microgreen seedlings.

PLANT SEEDS

Spread seeds generously in a thin layer on top of soil. Lightly press to secure then cover with thin layer of soil. Pat lightly to secure. Place in a warm location. Label each pot using your bamboo plant labels so you know which flavor combination you are eating.

WATER GENTLY

Water sprouts gently every 1-2 days or when soil is dry using mister bottle.



GROW!

MONITOR HEAT, LIGHT, MOISTURE

Microgreens don't need a ton of light. But place in your sunniest available window to maximize growth. Check on your new garden daily. Keep soil moist but not soaking wet.

HARVEST

Harvest 7-14 days after planting by cutting with sharp scissor at the base of the stem. Wash and use immediately. Or, wash, let air dry and store between damp paper towels in sealed container in the refrigerator up to 5 days.

RESEED

To plant new seeds using the same soil: Empty soil and gently break-up. Roots from previous plant growth will eventually decompose adding nutrients to the soil. Soak the soil and squeeze out excess moisture. Plant new seeds, following steps on previous page.

Hortiki Plants is here to
truly support your
gardening journey. This is
just the beginning!

If you are an experienced gardener these basic
instructions may be all you need.

If you are new to container gardening and need
additional support let me know! Share pictures of
your plants and get specific feedback. Want to have
a video chat? We can do that too.

Reach out anytime: contact@hortikiplants.com

RELAX. YOU ORANGE IN
THIS ALONE.



PLEASE DON'T
STOP THE
MUSIC.

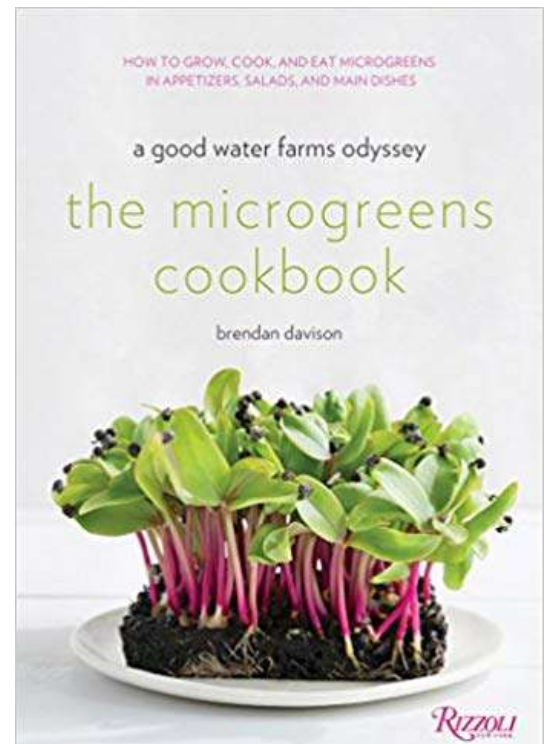
hortikiplants.com/freeresources



Fun Ideas



Knowledge Booster: Microgreens are legit superfoods! They can have up to 40 times more nutrients than mature vegetable plants. Learn all about the science in this Hortiki Plants' blog post: [Are you missing out on this secret superfood?](#)



Grow and Celebrate Microgreens all year round.

Jan 6: National Bean Day
Feb 17: World Cabbage Day
March 26th: National Nutrition Month
April 4th: National Broccoli Day
April 14th National Gardening Day
May: National Salad Month
June 9th: National Lettuce Day
July 8th: National Beet Day
September: Fruits and Veggies—More Matters Month
1st Wednesday in October: National Kale Day

Kitchen Inspiration:
The Microgreens
Cookbook by Brendan
Davison

Try Something Different: In addition to the varieties included in this kit, microgreens can also be grown from cereals (oats, rye, corn, barely), legumes (chickpeas, beans, lentils) and even from squash melon and cucumber. Give it a try using leftover seeds from your summer garden.

YOU SMALL BUSINESSES YOU



*Hi! My name is Victoria LeBeaux. I'm a scientist, hiker, cupcake lover, and the founder of Hortiki Plants.
I created Hortiki Plants to share love with:*



I want to help you live your best plant life, no matter how small your space or how little gardening experience you have.



People



The Planet

I know you want to garden in an earth friendly way but may struggle to find the right materials. I have a PhD in sustainable agriculture and love reading about this stuff, but you shouldn't have to!



I will do my best to source the most eco-friendly materials I can find.

That means minimal use of plastic, materials made from plants, printing on recycled papers using vegetable based inks, and packaging from recycled materials. I'll also try to source local whenever possible and from trustworthy organizations.

Communities in Need

You want to support business that serve and help communities. Hortiki is of the same heart and mind. 5% of Hortiki Plants profits are donated to organizations helping people and communities grow.



YOU + HORTIKI PLANTS = PLANT



Thank you for being part
of this vision! Hortiki will
miss you if you don't
keep in touch.

Please prevent weeks of
pouting!
Here's how:

[Subscribe](#) for special offers, contest and freebies:
hortikiplants.com/subscribe

Help your fellow plant lovers who need some
encouragement!

[Leave a product review](#) online:
hortikiplants.com/shop

[Share photos and videos](#) of your product and your plant
journey! Tag [@hortikiplants](#) on social.

Let me know how our seed starting kits can be improved or
what other products you'd like to see.

[Contact me](#) directly:
victoria@hortikiplants.com



Hortiki Thanks you!

hortikiplants.com