

# ROOT VEGETABLES

Growing Instructions

Hortiki Plants Eco-friendly Seed Starting Kits





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∞ PLANT LOVE

# 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.

## SOIL

Soak and drain soil before use in large colander. If coconut coir pellets came with your kit, soak in warm water 3-5 minutes to expand. Empty from netting and mix evenly with potting soil. Fill pots only to inner line, This will prevent overflow during watering.







# READY, SET, GROW: BEETS

Beet seeds are actually pods that contain several seeds. Soak pods overnight. After soaking, plant 1 pod per starter pot, 1/2 inch deep.  
(You will get several plants from each beet pod).

Transplant to a large container 8-12 inches deep when seedlings are 3+ inches tall.

Use care when transplanting; roots can be easily damaged.

Place in a sunny spot receiving 6 hours of sun daily.

Water every 2 days or when the top inch of soil feels dry.  
If foliage starts to droop, water more frequently.

If desired, fertilize after 4 weeks and continue weekly until harvest.

Beets will be ready for harvest in approximately 50 days. You will see the shoulders of the beet start to emerge from the soil. Smaller beets are more tender and flavorful and all parts of the plant are edible. Enjoy!



# READY, SET, GROW: RADISH

Plant 1-4 seeds per pot, 1 inch apart, 1/2 inch deep. Seeds should germinate in 4-10 days

Keep in warm area and mist with water every 1-2 days.

Thin seedlings after 4 weeks. Use sharp scissors to carefully cut back smaller, under performing sprouts.

Transplant seedlings to a large container that is 8-12 inches deep when they are 2-3 inches tall.

Use care when transplanting; roots can be easily damaged.  
Use loose, well draining soil, free from rocks, wood chips, or other debris.

Place in a sunny spot receiving 6 hours of sun daily.

Water when the top two inches of soil feel dry. Be careful not to over water.

Radishes grow quickly and are generally ready to harvest after 25-30 days when the shoulder is about the size of a quarter.

Plant new seeds every 2 weeks to maintain a constant supply.





# READY, SET, GROW: CARROTS

Plant 3-5 seeds per pot, 1/4 inch deep.

Be patient as carrots can take 2+ weeks to germinate. Keep in warm area and mist with water every 1-2 days.

Thin seedlings after 4 weeks. Use sharp scissors to carefully cut back smaller, under performing sprouts.

Transplant seedlings to a large container that is 8-12 inches deep when they are 3+ inches tall.

Use care when transplanting; roots can be easily damaged.  
Use loose, well draining soil, free from rocks, wood chips, or other debris.

Place in a sunny spot receiving 6 hours of sun daily.

Water when the top two inches of soil feel dry. Be careful not to over water.

If desired, fertilize after 4 weeks and continue weekly until harvest.

Harvest when shoulders are 1/2 inch in diameter; approximately 50-68 days from planting.



# HARVESTING ROOT VEGETABLES

Root vegetables can be harvested according to your taste preference.

Younger, smaller roots can be eaten raw; larger, stronger roots are good for roasting and for long term storage. Tops and stems are edible.

To check the size of your roots, gently uncover the soil around the shoulders (the top part of the root at the base of the stem).

If you are satisfied with the size of the vegetables, gently pull them from the soil. This can be done by grasping the base of each stem and pulling up. The root should break free easily.

After harvesting, immediately wash and separate the leaves from the roots. Store leaves in the refrigerator for up to a week and enjoy in salads, stirfrys and smoothies.

Roots can be stored for up to two months in a cool and dry location.



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](mailto:contact@hortikiplants.com)

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THIS ALONE.



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STOP THE  
MUSIC.

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# Carrot and Beet Latkes

## Ingredients

2 cups coarsely grated, peeled beets  
2 cups coarsely grated, peeled carrot  
1 small onion or 1/4 cup chopped green onion  
1 large egg  
1/4 cup all-purpose flour  
1/4 tsp salt  
1/4 tsp black pepper  
Dash of garlic powder and/or paprika (optional)  
1/4 cup cooking oil

## Directions

- Hand grate beets and carrots and set aside.
- Grate onion (or chop green onion). Squeeze out liquid into clean towel, then transfer to bowl. Add egg, flour, salt, pepper, and optional seasonings, and toss until ingredients are well combined. Add grated beet and carrot, and toss until just combined.
- Heat 2 tbsp of oil in a large frying pan on medium heat. Drop 1/4 cup mixture into pan for each latke, and use the back of a spatula to slightly compress.
- Fry for 2 to 3 min per side or until latkes are cooked through and lightly browned. Place on a paper towel lined baking sheet. Repeat until all latkes are cooked, adding remaining 2 tbsp oil to pan as needed. Serve with plain Greek yogurt or sour cream for dipping if desired.





# Super Sunny Carrot Juice

## Ingredients

- 1 cup sliced carrots
- 1/2 cup chopped fresh mango
- 1/2 teaspoon finely shredded orange peel
- 1/4 cup orange juice
- 1 1/2 cups ice cubes

## Directions

- In a covered small saucepan, cook carrots in a small amount of boiling water about 15 minutes or until very tender. Drain well. Cool.
- Place ice cubes in blender;
- Add drained carrots, mango, orange peel and orange juice.
- Cover and blend until smooth.
- Pour into glasses and enjoy!





# Roasted Root Vegetables

## Ingredients

- 10- 20 roots (radish, carrots, beets, etc.)
- 1 1/2 tablespoons olive oil
- Coarse kosher salt
- 1 teaspoon fresh lemon juice

## Directions

- Preheat oven to 450°F.
- Brush large heavy- duty rimmed baking sheet with olive oil.
- Clean vegetables well by rinsing with water.
- Cut off tops of roots, chop coarsely, and set aside.
- Cut roots lengthwise in half and place in medium bowl.
- Add 1 & 1/2 tablespoons olive oil and toss thoroughly to coat.
- Place vegetables, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt.
- Roast until vegetables are crisp but tender, tossing occasionally, about 18 minutes.
- Transfer roasted vegetables to serving bowl and drizzle with fresh lemon and chopped leaves.

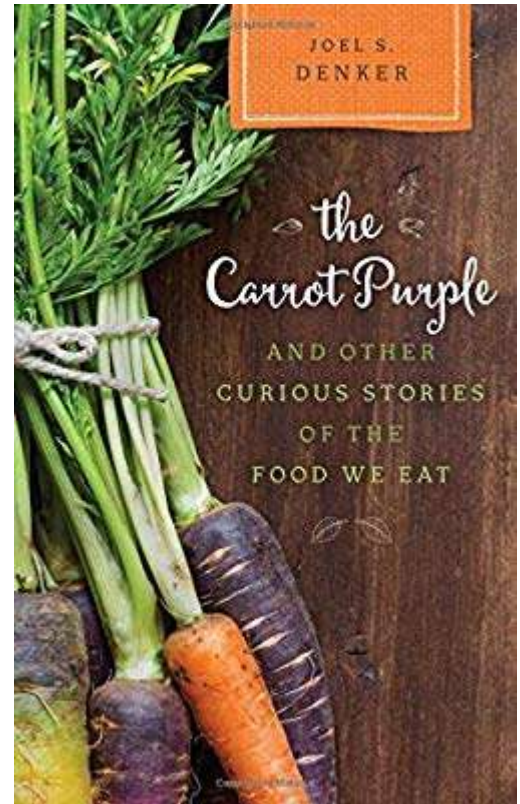
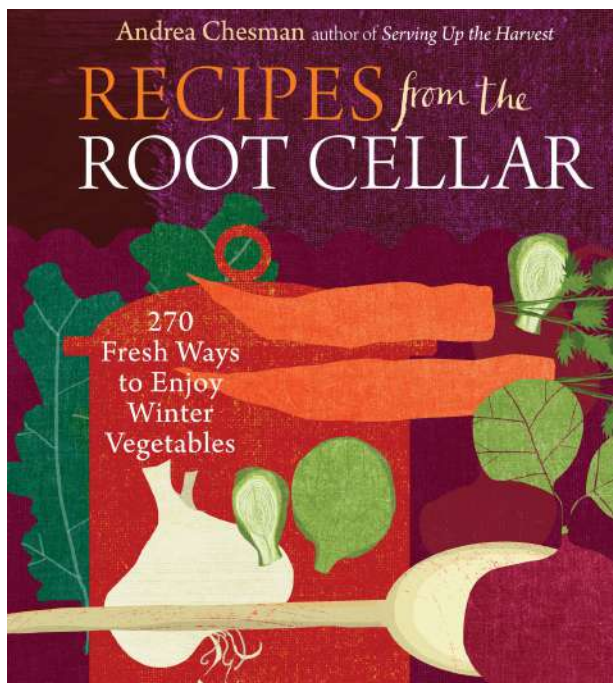


# Fun Facts and More

The heaviest carrot ever grown weighed 22.44 lbs. That's heavier than the average watermelon.

The world's heaviest radish weighed 68 lb 9 oz. Heavier than 3 watermelons!

There are more than 100 species of carrots.



Fun Read:

The Carrot Purple And Other Curious Stories Of The Food We Eat by Joel Denker

Americans eat 400 million pounds of radishes a year!

Kitchen Inspiration:

Recipes from the Root Cellar:  
250 Fresh Ways to Enjoy  
Winter Vegetables  
By Andrea Chesman

Beet greens contain twice the potassium than the beet root and are high in beta carotene and folic acid



# 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:



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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](mailto:victoria@hortikiplants.com)



A top-down view of various fresh vegetables scattered on a light-colored, textured surface. The vegetables include several whole and sliced carrots, a large red onion, a head of purple-striped garlic, a bunch of purple-striped leafy greens, and several white onions with their peels partially removed. The lighting is soft, highlighting the natural colors and textures of the produce.

Hortiki Thanks you!

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