

HORTIKI
PLANTS

LEAFY GREENS

Growing Instructions

Hortiki Plants Eco-friendly Seed Starting Kits

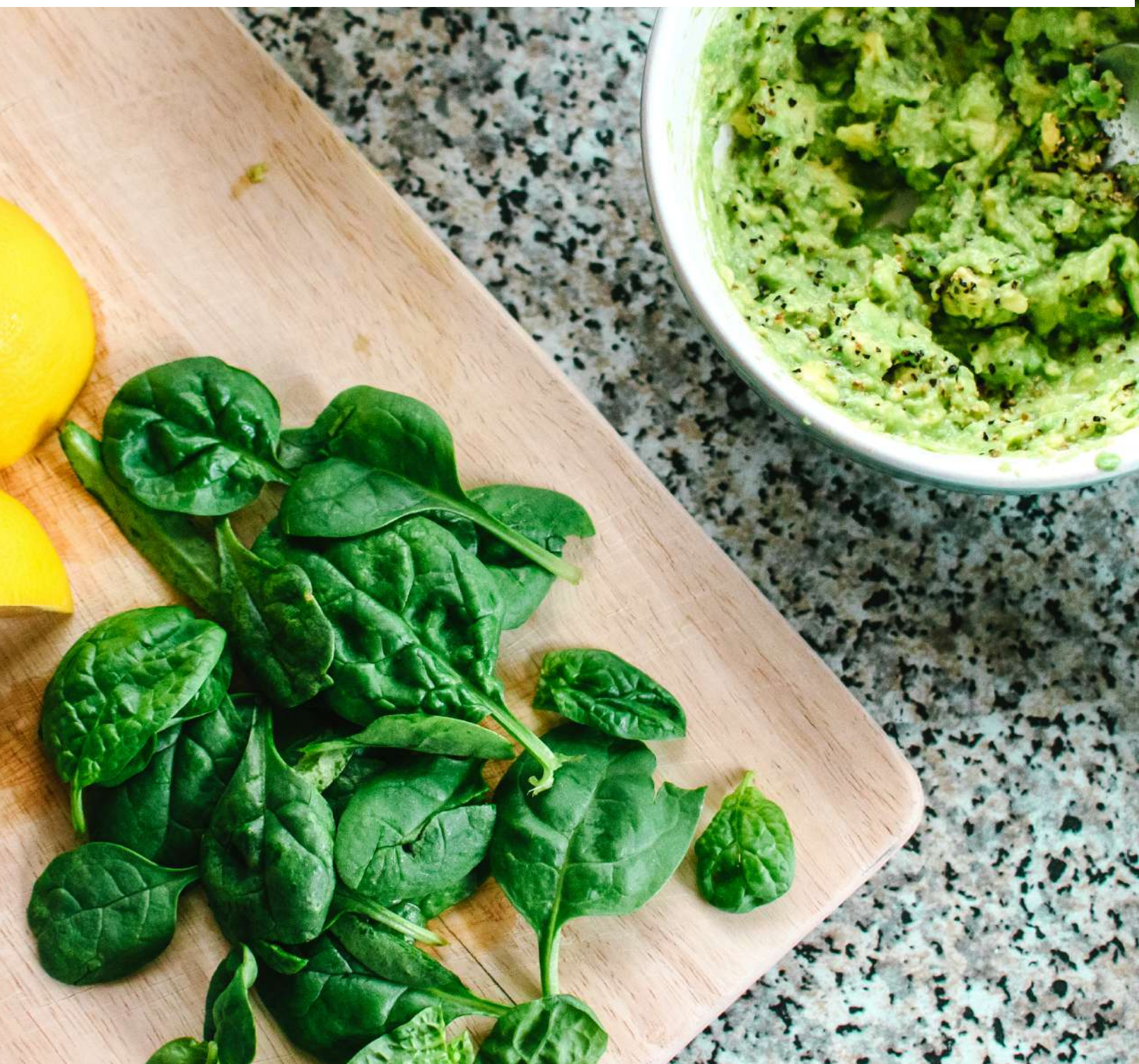






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KIT CONTENTS

1 INSTRUCTIONS

3 SEED SACHETS
WITH ORGANIC SEEDS (ARUGULA,
BABY BEET GREENS, SPINACH)

3 BIODEGRADABLE
POTS

2 BIODEGRADABLE WATER
CATCHMENT TRAYS

2 TYPES OF GROWING
MEDIA. ORGANIC
POTTING SOIL AND
COCONUT COIR

1 BAMBOO NAME
LABEL STAKES

1 RECYCLABLE
GLASS MISTER
BOTTLE

∞ 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.





READY, SET, GROW!

#1

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 leafy green seedlings.

#2

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.

#3

WATER GENTLY

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

#4

WAIT PATIENTLY FOR GERMINATION

Place in a cool but sunny area and wait for seeds to sprout. Keeping soil moist but not soaking wet. Kale: 4-7 days; Spinach: 7-14 days; Swiss Chard: 5-7 days

#5

MONITOR HEAT, LIGHT AND MOISTURE

Once seeds have germinated move to a bright sunny spot.. Leafy greens can tolerate the cold so you can keep them indoors or move them outside in Fall and Winter. If growing indoors put them in your sunniest window. Keep moist but never soaking wet.

#6

HARVEST

You can enjoy your plants as tender baby greens, by harvesting 4-5 weeks after seedlings appear when leaves are approximately 5-6 inches tall. Or, to eat fully mature leaves, grow 6-8 weeks. Remove outer leaves first and let inside leaves continue to grow.

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



Sauteing Leafy Greens

Use this basic process to create an unlimited number of sauteed creations!

- #1 Wash greens thoroughly. Let sit in bowl of water and allow dirt to sink to the the bottom.
- #2 Heat oil of choice in to a sauté pan using medium heat. Use, about 1/2 - 1 tablespoons for small bunch of greens.
- #3 Add sliced or minced onion and garlic and cook until slightly tender.
- #4 Add greens.
- #5 Add a splash of lemon or vinegar of choice (sherry, red wine, apple cider).
- #6 Top with toasted seeds, nuts, or dried fruit..



Leafy Greens in Salads

Never get bored with salad again.

#1 Use your leafy greens as the base.

Mix in lettuce if you like, but darker greens like kale, spinach, and swiss chard are great salad choices because they are rich in antioxidants, fiber, and iron.

#2 Choose a lean protein source with a lot of flavor.

Beans, lentils, chickpeas, tofu, and lean meats are good options. Marinate or toast your protein with herbs and spices to add flavor. Aim for 4 ounces of protein if eating salad as a main course. Add sliced or minced onion and garlic and cook until slightly tender.

#3 Make salads even heartier by adding in a whole grain.

Barely, rye, wheatberries, and farro will add fiber, protein, iron and interesting textures to your salad. Again consider marinating or toasting before hand to add in additional flavor and spice,

#4 Add fat. No kidding.

Your body needs fat in order to absorb fat-soluble vitamins (vitamins A, D, E, and K) found in your fruits and veggies. So go ahead and add the fat. Go for nutrient-rich fatty foods such nuts, seeds, avocado, or cheese and aim for about 2-3 teaspoons.

#5 Dress Simply.

Watch the additives in store-bought dressing. Take a minute to whip up your own instead using oil and an acid of your choice (lemon, vinegar, etc.)



Leafy Greens Smoothies

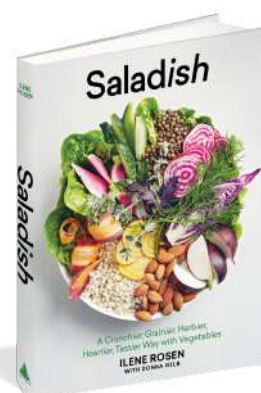
A simple process to ensure every green smoothie is a happy smoothie.

- #1 Thoroughly wash greens (and other fruits and veggies).
- #2 Put 2 cups (tightly packed) of greens in blender.
- #3 Add 2 cups of water and blend until smooth. (Can substitute in other liquids like juice, coconut water, or nut milks. Watch for added sugars, fats and calories).
- #4 Add 3 cups of fruit (and veggies) and blend again until smooth. If you are new to green smoothies try starting out with fruits in the same color family. They will often have complimentary flavors that will blend well together. (i.e. (pineapple, mango, banana); (blueberries, strawberries, cherries); (nectarines, cantaloupe, carrots)).
- #5 Enjoy now, or store for later. Store in an airtight container. Add a squeeze of lemon or lime to minimize oxidization (turning brown). Drink or freeze within 24 hours.



Kitchen Inspiration

Saladish: amplifying vegetables to
create new ideas for salads



Winner, 2019 James
Beard Award for Best
Book of the Year in
Vegetable-Focused
Cooking

Live Well:

Who broke the lunch break?

The Splendid Table:
Episode 677: Do We All
Eat the Same?
spendidthetable.org



Plant Love:

Help minimize food waste and help families in
need access healthy fruits and vegetables,
with the National Gleaning Project.



nationalgleaningproject.org

Food+Art+Science

Art-Inspired Salad Just Tastes Better

Tip: If viewing
online, click the
code or the web
address to visit
the link.

NPR: The Salt
npr.org/sections/thesalt



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:

People

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

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
and I want to be one of them. 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

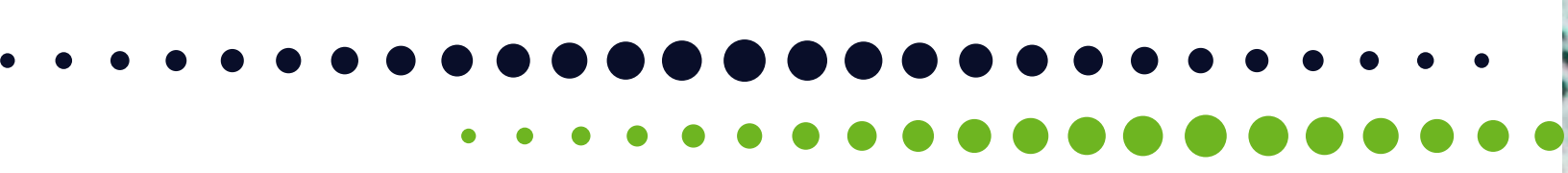
Help your fellow plant lovers who need some
encouragement!

[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 PLANTS

Eco-friendly gardening kits
for *your* small space

Hortiki Thanks you!
hortikiplants.com