

TEA GARDEN

Growing Instructions

Hortiki Plants Eco-friendly Seed Starting Kits





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| 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.

SOIL AND COCONUT COIR

Mix coconut coir with potting soil to help increase air flow to roots.

- 1) Soak coconut coir pellets in warm water 3-5 minutes to expand. Empty from netting.
- 2) Soak and drain soil before use in large colander. Squeeze out excess water.
- 3) Mix coconut coir with potting soil.
- 4) Fill pots only to inner line. This will prevent overflow during watering.





READY, SET, GROW: GERMAN CHAMOMILE

Plant 4-6 seeds per pot.

Scatter the seed and press firmly onto the soil.

Chamomile seeds need light to germinate so do not cover the seeds with soil.

Seeds will germinate in 7-14 days.

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

Transplant after 6-8 weeks to a large container, 12 inches in diameter.

Allow plants to dry out completely between watering.

Harvest when flower petals are no longer flat but arch backwards.

Flowers will be ready for harvest in 60-65 days.



READY, SET, GROW: LEMON BALM

Use Coconut Coir for Lemon Balm.

Plant 2-3 seeds per pot just beneath the surface of soil.

Keep moist and warm (~70 degrees Fahrenheit) during germination.
Seeds will germinate in 14-21 days.

Place seedlings in partial shade receiving up to 5 hours of sun daily.

Remove weaker sprouts after 3-4 weeks by cutting out with sharp scissors.

Transplant after 6-8 weeks to a medium container, 6 inches in diameter and 6 inches deep.

Water when the top 2 inch of soil feels dry. Do not over water. Plants can recover from drought but can be harmed by rot if the soil stays too moist.

Do not fertilize.

Leaves will have stronger lemon scent when grown in less nutrient dense soil.

Harvest once you have several stems full of leaves. Harvest by cutting off part of the stem at least 3 inches from the base of the plant. The stems will re-grow.



READY, SET, GROW: ORANGE THYME

Use Coconut Coir for Orange Thyme as it does well in light, airy, well draining growth media.

Plant 2-3 seeds per pot just beneath the surface of soil.

Keep moist and warm (65-70 degrees Fahrenheit) during germination.

Seeds will germinate in 14-21 days.

Place container in bright sunny area.

Water when the top 2 inch of soil feels dry. Do not over water.

Let the soil dry slightly between waterings.

Thyme is naturally drought resistant but can be harmed by too much water.

Harvest once you have several stems full of leaves. Harvest leaves as needed.



READY, SET, GROW: SPEARMINT

Plant 2-3 seeds per pot just beneath the surface of soil.

Keep moist and warm (~70 degrees Fahrenheit) during germination.
Seeds will germinate in 7-10 days.

Place seedlings in partial shade receiving 3-6 hours of sun daily.

Remove weaker sprouts after 3-4 weeks by cutting out with sharp scissors.

Transplant after 6-8 weeks to a large container, 8 inches+ in diameter and 10-12 inches deep.
Place 4-5 inches deep when transplanting, leaving plenty of room for roots to grow.

Water when the top 1 inch of soil feels dry.

Leaves will be ready for harvest in approximately 60 days when
plants have multiple stems that are 6+ inches long.
Harvest no more than 1/3 of the leaves at once to ensure continuous growth.



READY, SET, GROW: STEVIA

Plant 2-3 seeds per pot. Stevia seeds need light to germinate so do not cover with soil.

Keep moist and warm (68-70 degrees Fahrenheit) during germination.
Seeds will germinate in 10-15 days.

Place seedlings in bright sunny spot.

Transplant after 6-8 weeks to a large container, 12+ inches in diameter
. Place 4-5 inches deep when transplanting, leaving plenty of room for roots to grow.

Keep moist but not soaking wet.

Train your stevia plant to be bushy and nicely branched by pinching the tips of the plant
every 3 weeks.

Harvest in the morning when the sugar content is highest. Harvest before flowers bloom as
the plant's sugar content will drop after bloom.

To harvest, snip off the tops of the stems when you see the first buds appear.

The sweetening agent in Stevia, rebaudioside, is FDA approved as safe for consumption, but
consult a physician before using natural Stevia when pregnant or under a doctor's care.

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



TIPS FOR MAKING FRESH HERBAL TEA



- HARVEST THE OLDER, LARGER LEAVES OF THE PLANT ALLOWING THE YOUNGER LEAVES TO CONTINUE GROWING. SNIP OFF LEAVES CLOSE TO THE BASE OF THE LEAF USING SHARP SCISSORS.



- HANDLE WITH CARE.

BE CAREFUL NOT TO CRUSH THE LEAVES UNTIL YOU ARE READY TO MAKE YOUR TEA TO PRESERVE THE PLANT'S ESSENTIAL OILS.



- FOR ONE CUP OF WATER ADD AT LEAST THREE TEASPOONS OF CRUSHED FRESH LEAVES. ALTER AS NEEDED ACCORDING TO YOUR TASTE PREFERENCE OR ACCORDING TO THE PLANT VARIETY.



- STEEP TEA FOR 3-5 MINUTES (OR LONGER ACCORDING TO TASTE).



- FOR FRESH SUMMER ICED TEA, LET COOL NATURALLY. ADD ICE JUST BEFORE SERVING SO YOU DON'T WATER DOWN THE FLAVOR OF YOUR TEA.



- USE COOL TEAS FOR SKIN CARE.

SOAK COTTON PADS OR A THIN CLOTH IN THE TEA. APPLY TO SUNBURNED OR OVERHEATED SKIN AND BUG BITES.

MEDICINAL USES FOR FRESH TEA HERBS

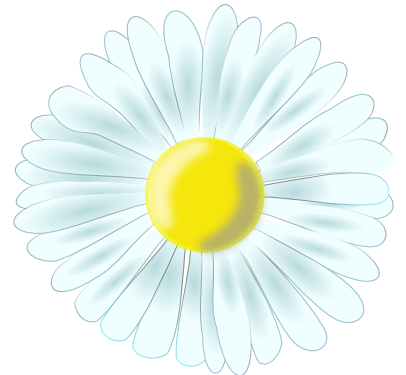
MINT



CONTAINS ROSMARINIC ACID WHICH HAS BOTH ANTIBACTERIAL AND ANTI-INFLAMMATORY PROPERTIES. USE WIDELY IN COOKING, FOR COOLING THE SKIN, SOOTHING ALLERGIES, AND FOR CALMING AN UPSET STOMACH.

CHAMOMILE

CONTAINS APIGENIN, AN ANTIOXIDANT THAT PROMOTES SLEEP AND RELAXATION. ALSO HAS ANTI-INFLAMMATORY PROPERTIES. USE FOR CALMING ANXIETY, BOOSTING IMMUNITY AGAINST COLDS, AND TO CALM AND MOISTURIZE ITCHY, DRY SKIN.



LEMON BALM

CONTAINS ROSEMERIC ACID WHICH HAS ANTIVIRAL, ANTIBIOTIC, AND ANTIFUNGAL PROPERTIES. USE 1/4 CUP OF LEAVES, PACKED TIGHT FOR ONE CUP OF TEA. APPLYING DIRECTLY TO THE SKIN CAN HELP HEAL BLISTERS.

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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encouragement!

[Leave a product review](#) online:
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[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