

### **Step 9: Seeds are Ready to See the Light**

Now remove the Grow Tray Lid and allow your crop of microgreens to be exposed to the light for photosynthesis. Use the included light to provide the microgreens with 12 hours of light on, then 12 hours off. An automatic timer may be helpful here.

### **Step 10: Daily Care until Harvest**

You will want to water the sprouting microgreens twice a day and drain twice a day. Water from the bottom once the seeds have sprouted; this is the most beneficial way to water. Lift a corner of the Hydro-Pad and pour 1 cup of conditioned water into the Grow Tray. Move the tray back and forth gently to allow the water to flow under the Hydro-Pads. Let it sit for 1 hour then drain off any excess water. Repeat twice a day.

### **Step 11: Harvesting and Eating**

The crop will usually be ready in about 10 days. Ready-to-harvest microgreens are between one and a half to two inches tall. You can use a moist paper towel to gently wipe seed coats off your microgreens. Use the Mini Snips to cut your microgreens off the Hydro-Pad. We recommend harvesting as you are preparing your meal - to take advantage of eating the freshest possible, living microgreens. Fresh, beautiful microgreens are ready to delight you with pure taste and nice texture.

Use it as garnish every time you sit down to eat. Whether you are having a gourmet dinner, eating a sandwich or ordering in, your home-grown tasty and nutritious microgreens are sure to enhance any meal.

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### **Care:**

Use warm water and mild dish soap to clean your Grow Tray and Grow Tray Lid. Try not to scratch the surface. A smooth surface is less prone to bacterial growth.

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## **Hydroponic MicroFarm Kit**

Beginning level

### **What's In My Kit:**

1. Grow Tray with Lid made of food safe plastic
2. Spray Bottle
3. pH Tester Kit
4. Water treatment: 1 pk. pH Up and 1 pk. pH Down
5. Pair of mini garden snips
6. Environmentally-Friendly CFL Grow Light Bulb
7. Hydro-Pads\* made of Organic Coconut Fiber 2 sets of 4 Hydro-Pads>(\*non-reusable, compostable)
8. Heritage seeds: 4 origami packets of Arugula seeds (8 g each) and 4 packets of Kale seeds (also 8 g). Each packet contains enough seeds for one Hydro-Pad.

### **Step 1: Welcome to Your New Hobby**

Find a mellow area for your growing to take place. A place where the process won't be disturbed is best (cats like greens, as do other pets). If you are using the sun as a light source, an area with more than 6 hours of indirect sunlight is the best.

### **Step 2: Conditioning the Water for Your Microgreens**

Fill an open container with 6 cups of tap water and allow it to sit for 24 hours. This releases the chlorine used by the city water department. Now check the pH of the water with the pH tester kit. Microgreens like 6.0, as do most plants. Adjust the water accordingly using very small amounts of the pH down or pH up. Most city water is 7.5-8.0 thus, it needs to be lowered. Typically, ¼ of a teaspoon for 4 cups works.

### **Step 3: Soaking the Growing Medium**

First decide how many Hydro-Pads will be seeded. You can grow one type of seed per pad. Put Hydro-Pads in a pan or tray. You can use the Grow Tray for soaking. Pour 4 cups of water to submerge the Hydro-Pads. Allow the Hydro-Pads to soak for 24 hours or until the fibers in the Hydro-Pads have loosened up somewhat. This will allow the roots to attach easier.

### **Step 4: Preparing Hydro-Pads for Seeding**

Drain excess water off the Hydro-Pads. Put them on a plate to let soaked-in water run off. If you used the Grow Tray to soak Hydro-Pads make sure it is well cleansed (wash with warm water and mild soap, wipe dry).

### **Step 5: Seeding**

Use one pack of seeds per each Hydro-Pad. Place the Hydro-Pad onto the clean Grow Tray Lid. Now sprinkle the seeds on the Hydro-Pads. You can use a 3"x5" card folded in half (you can use a post card) to help disperse seeds evenly onto the Hydro-Pad. Pour the seeds into the fold, and slowly move it back and forth. Generally, you want to get about 8-10 seeds per sq inch.

### **Step 6: Misting**

Fill the Spray Bottle with conditioned water. Spray the seeds with the water till they become too heavy to bounce. Carefully lift seeded Hydro Pad and place it on the bottom of the Grow Tray. Repeat the same for each seeded Hydro-Pad. Now that the seeding is finished we are ready for the next step.

### **Step 7: Preparing to Germinate the Seeds**

Wipe clean the Grow Tray Lid that you used for seeding, and use it to cover the Grow Tray loosely allowing air to circulate. Oxygen is one of the conditions required for proper germination; the others are water, temperature and darkness. You are creating a microclimate to trigger the cellular metabolism of the seeds.

### **Step 8: Checking on the Crop**

Twice a day check on the seeds and the Hydro-Pads. Mist the seeds and the lid. The seeds should stay moist and the Hydro-Pads should not be swampy. Always use conditioned water to spray the seeds and Hydro-Pads. After about 2-4 days the seeds should start to germinate. You will see the roots and stalks are emerging. As the seed absorbs enough water to pop the seed coat, the embryonic root will poke out, attach to the Hydro-Pad and begin to absorb water. An embryonic shoot will emerge from the seed, pulling out its cotyledon (literally "seed leaf" translated from Greek). As it opens up your embryonic little seedling is ready to use the energy of light.