**Instructions for the individual “grow your own” kit**

Add 1/3 cup water to the grow mix in the bag, mix until evenly moist.

Pat the mix evenly into the bottom of the tray.

Sprinkle the seed evenly over the mix, gently press seeds into the mix

Mist seeds with water.

Place tray in the bag and loosely close or fold over.

Mist the seeds once or twice a day, enough so that condensation forms on the inside of the bag.

Once seeds sprout, fold down the sides of the bag and place tray in the bottom. Place in a well lit room or sunny window sill.

Add water to the bottom of the bag as needed for the growing seeds to absorb (about once a day).

Harvest when seedlings grow above the top of the tray or higher.

To harvest take clean scissors and cut the greens above the grow mix. You are trying to avoid pulling up the roots with bits of grow mix attached. You can cut only what you need for now or you can harvest the entire tray.

Place your cut greens in a colander or sieve and rinse. To remove any seeds that may still be attached to the greens, immerse the colander with the greens in another bowl filled with fresh water and gently agitate. Any seeds that may still be attached to the greens should float and can be removed or will drain through the colander. Lift out the colander with the greens and rinse again.

Let the water drain a little, then place the greens on clean kitchen towels or paper towels to dry.

Once cut and washed, greens should be stored in the refrigerator in a loosely closed bag or container.

**Learn more about microgreens, how we grow and how to use them at** [**www.foodlifejoy.com**](http://www.foodlifejoy.com)