










WELCOME TO GROWING MICROGREENS WITH Gardenuity®

gardenuity.com

WHAT'S INCLUDED

IN YOUR MICROGREENS DESKTOP GARDEN KIT

White Ceramic Planter
The planter is dishwasher safe and designed to work with the steel planting tray.

Divided Steel Planting Tray
The tray is divided into two sections so you can grow two different microgreens crops at the same time

6 Packets of Microgreens Seeds
Each packet is pre-measured with the perfect amount of microgreens seeds.

6 Pre-Cut Seed Sprouting Foundation Sheets
Made in the USA, the Seed Sprouting Foundation Sheets are the ideal media to help your microgreens germinate. These biodegradable sheets have passed food safety testing and are made of 100% blended plant-based fibers.

Microgreens Mister
An easy-to-use spray bottle to keep your microgreens seeds moist while sprouting.

REGISTER YOUR GARDEN

Register your garden for Grow Pro to start receiving seasonal recipes, plant care guides, on-call support, and much more!

YOUR GARDEN CODE:
ACTIVATE

To get started, scan the QR code or visit
gardenuity.com/grow-pro-registration

Gardenuity®

HOW TO SET UP
YOUR MICROGREENS DESKTOP GARDEN

1. Place the metal planting tray into the white ceramic planter.
2. Fill the planter with water until it reaches the metal tray.
3. Place one Seed Sprouting Foundation Sheet into each side of the metal tray.
4. Press down gently on the Foundation Sheet to ensure it is evenly hydrated.
5. Select which seeds you want to plant first. On one side of the planter, sprinkle one entire seed packet on top of the Foundation Sheet. Repeat this process for the other side.
6. Store your other 4 Seed Packets and 4 Foundation Sheets along with this instruction card for later.

WHERE TO PLACE YOUR GARDEN

Your Microgreens Desktop Garden doesn't need a lot of light to grow. Place it in a location with overhead lighting; natural light from a window will be fine.

Note: Avoid placing your Microgreens Garden directly next to any other desktop or house plants.

If you prefer to follow along with a video tutorial, visit our 'How To' Playlist on YouTube to watch now! Simply scan the QR code with your phone camera or visit www.youtube.com/@Gardenuity/playlists

HOW TO KEEP YOUR MICROGREENS GARDEN
nourished, hydrated, and growing

WATERING

Mist your garden daily to keep the seeds moist (but not soggy or wet). After your microgreens have sprouted (usually within 8-12 days), continue to mist them once a day until you have completed your harvest.

HARVESTING

TIME TO HARVEST

Your microgreens will be ready to harvest 10-20 days after planting. Here are two visual cues to help you determine when your microgreens are ready:

1. Before harvesting, microgreens should reach a desirable height between 1-3 inches.
2. Most microgreens will exhibit vibrant hues at their peak readiness.

HOW TO HARVEST

When harvesting, hold the tops of the microgreens gently with one hand. With your other hand, use scissors to cut the stems about 1/4 inch above the foundation.

After you've harvested your microgreens, dispose of the foundation sheet and attached roots, ideally by composting. Once both sides are harvested, clean your ceramic planter and metal planting tray with soap and water. Then, begin again with your extra seed packets and foundation sheets!

GROW PRO TIP

Try to harvest one side of your microgreens garden all at once. You can keep the harvested greens in a food storage bag with a dry paper towel and place them in the refrigerator. They will generally last a week or more in the refrigerator.