

Fill Your Salad Bowl

QUICKSTART GUIDE



Fill Your Salad Bowl

SPROUTS VERSION

- Fast Growing Seeds
- Sprouting Jar and Lid
- Bowl or Sprouting Rack
- Soak seeds 4 to 6 hours
- Rinse 2 times per day
- Takes 4 to 6 days
- Wash seeds away, Eat



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MICROGREENS VERSION

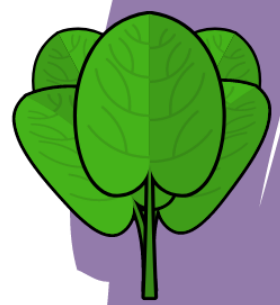
- Fast Growing Seeds
- Planting tray at least 2 inches deep
- Worm Castings or Mushroom compost
- Kelp Meal
- Planting Medium like Potting Soil or Cocoa Coir
- 4 Days in the Dark
- 2 to 4 Days in the Light
- Harvest, rinse, drain, eat



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BABY GREENS VERSION

- Fast Growing Seeds (Lettuce, Kale, Mustard Greens)
- Planting Pot at least 4 inches deep
- Mushroom compost or Worm Castings
- Kelp Meal
- Potting Soil
- Grow light or Sunlight
- 25 to 30 days to Harvest, 2nd and 3rd Harvests in 15 days
- Cut 1 inch above soil
- Rinse, drain, eat
- Regrow up to 4 times



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PUTTING IT ALL TOGETHER

-  1 part microgreens
-  1 part baby greens
-  1 part sprouts
-  Any veggies you like
-  1/4 part sweet
-  1/4 part crunch
-  Dressing of choice

x x x x x x

x
x
x
x
x

x
x
x
x
x
x

