

# FreshPatch™

fresh microgreens in your kitchen

Trays with Substrate (Soil)



TopTray with Holes



BottomTray - No Holes



You also get, small spray bottle with Hydrogen Peroxide and 2 bags of seeds

*Note: images may be different from those items in your grow kit*

1 bag of substrate (soil) and seed per tray  
An extra solid tray is included for use in the germination phase



Prepare the trays by giving it a light spray with the Peroxide (to sanazite)  
Put the Substrate(Soil) into a small container, add 40ml of water (it should be moist not wet)  
Mix gently, then add to a TOP Tray, and spread evenly (corners and the sides)

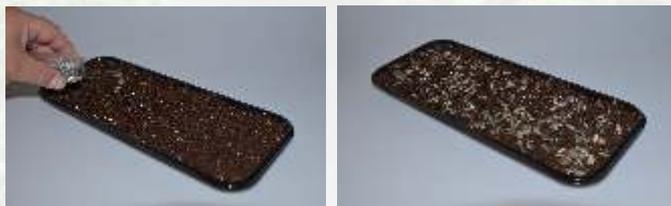


Use another tray to press down the substrate lightly and to help ensure it is level (as shown)



Gently and slowly sow your seed direct from the package  
(this might take some practice, you will improve overtime)  
Aim for equal distribution and pay attention to the corners and sides

*Be sure to a follow any preparation guide for specific seeds!!*



Add some weight to the stack. Place them in dark or semi-dark place.  
3 DAYS for Germination or as specified for seeds

Make sure your Planted Tray is in the Bottom (Solid) Tray

Stack them up to 5 or 6 trays high and add the extra Bottom tray to the top



*Here I am using and old battery from a gate motor. A brick would be perfect. Or a 2 Liter bottle of water.[2-2.5kg]*



**After Germination is the LIGHT Phase, PLANTS need light to grow!!  
Some seed work better with a DARKOUT phase and will be so indicated.**

*For Dark-Out - You simply remove the trays from the stack and keep it in the dark for 1 more day so the seedlings can stretch.*

Take your tray from the stack of the dark-out phase, add 40-50ml water to the bottom tray and place it in the windowsill or place where it gets good light, not direct sunlight!



*Too much water will cause mold*

Water the trays every morning and late afternoon/early evening after checking first

Add water to the bottom tray!!

**DO NOT ADD WATER FROM THE TOP**

To check if the substrate (soil) is wet, the colour should be dark brown, if it shows light brown it is dried out!!

Add little water, check in 5min and add again if needed

**Harvest above the SOIL level, rinse and enjoy**

*The substrate/soil can be used as compost or feed for chicken and birds when fresh, they love the roots*

**Clean the trays with dish washing liquid, dry them and reuse (not in the Dishwasher).  
Reuse the trays with our Refill Kits or Seed and Substrate kits**

### Questions and Answers

Q. Can I check on the seed trays?

A. Yes just be careful not to disturb the seeds

Q. Can I eat the microgreens from the trays?

A. Yes you can, just harvest few, cut above the soil level, generally do not eat the roots)

Q. Do I need to water the trays?

A. Not during the germination phase (Day 1-3, the moisture in the substrate is enough for the seeds to germinate effectively and avoid mould). Once you take them from germination to light, they will need water. Be careful not to over water them, 50ml to the bottom tray at a time is enough.

Q. What is mold/mould?

A. It is a fungus that grows in moist environments, it has its natural uses, but in growing microgreens it could trigger allergies and other health issues. Not to be confused with root hairs (look alike). Send us a photo to help if unsure. *(Mold/Mould does have an off-putting smell, root hair does not). You can spray a little H<sub>2</sub>O<sub>2</sub> [Hydrogen peroxide]*

Q. Why do you not offer reusable growth medium?

A. We do not use it in our farms, and our grow kits are a smaller version of what we do commercially. It is not to say we will never use it, but at present there is evidence that the re-useable medium are not yet working for us. (Aspects like root growth, natural moisture absorption, water quantity and sanitising)

*If your 1st attempt does not work 100%, do not despair, you might just need time to get the hang of it. Growing microgreens can be fun.*

Support Group  
on WhatsApp

