

MICROGREENS

Growing Better Habits through Microgreens

GROWING INSTRUCTIONS:

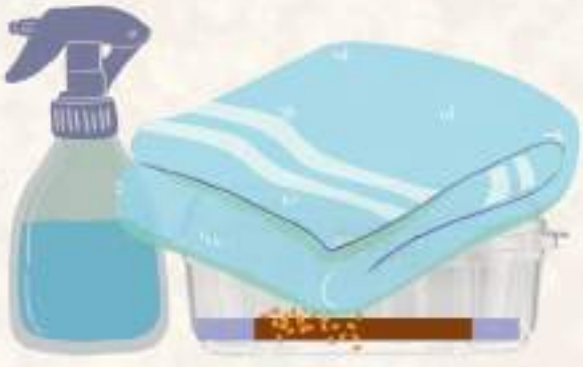
DAY 1:



Step 1: Place a coco coir mat in the vegetable punnet. Fill it $\frac{1}{3}$ (one-third height of the container) with tap water, let it soak for 1-2 minutes, then drain excess water.

Step 2: Sprinkle one packet of seeds evenly over the coco coir mat.

DAY 2-5:



Step 3: Using a spray bottle, spray the top of the mat thoroughly with tap water, avoiding flooding. If excess water remains, tilt to drain. Repeat Step 3 daily.

Step 4: Cover the punnet with a cloth/towel and store it **away** from sunlight for 3-4 days.

DAY 6-13:



Step 5: After 3-4 days, the sprouts should have germinated, with a yellow appearance. Remove the cloth and place the punnet near a window or under a lamp. Ensure 0.5cm of water over the next 4-6 days.

DAY 14:

Step 6 (Harvest time!): Use a pair of scissors to harvest your microgreen sprouts. Continue spraying daily to keep any remaining greens fresh for a later harvest.



FAQ: **Flies:** Stagnant water may attract flies. Change the water every 1-2 days.

Mould: Appears grey and dusty (not to be confused with root hairs). Remove affected areas and replace the water.

WEEK 1 & WEEK 2: 2 MAR & 9 MAR

- Choose + collect 1 x DIY microgreen box
- Cultivate your sprouts at home!

200 sets to be redeemed weekly

WEEK 3: 16 MAR

Take a **selfie** with your sprouts, and show it to creative team to:

(a) Redeem 1 more DIY microgreen box bcos the faithful shall be rewarded!

(b) Qualify for our **B+ blessing draw** for 100 watering cans!

while stocks last basis

