



GROWN – Microgreens grown at home **BY YOU** right on your kitchen counter. Easy, tasty, fun and healthy!

Grow Your Own **Hydroponic** Vegetables
Using only **water**

Microgreens

**GROW YOUR OWN
MICROGREENS KIT**

hydroponic means
"growing plants in water"



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A top-down view of a shallow, light-colored ceramic bowl. The bowl is filled with a layer of white, moist substrate. The top half of the bowl is covered with numerous small, dark brown seeds. The bottom half of the bowl is filled with a dense layer of bright green microgreens, which have small, rounded leaves and thin stems. A dark grey rectangular banner is superimposed over the middle of the bowl, containing the text "GROW YOUR OWN MICROGREENS KIT" in white, bold, sans-serif capital letters.

GROW YOUR OWN MICROGREENS KIT

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Step 1

FILL THE CUP WITH $1\frac{1}{4}$
CUP DRINKING WATER
AND KEEP THE
CARDBOARD DRY



Step 2

PLACE ONE GROW PAD
IN THE TRAY



Step 3

SATURATE WITH 1/3 CUP
DRINKING WATER



Step 4

OPEN THE SMALL BAG
WITH SEEDS AND
SPREAD EVENLY ON TOP
OF THE GROW PAD



Step 5

PLACE COVER FOR
ABOUT 4 DAYS AND
REMOVE IT WHEN
SEEDS ARE GERMINATED



Germinated

Germinated means "grew roots"

GROWING STEPS



- 1 Fill the cup with 1 1/4 cup of drinking water
- 2 Place one grow pad in the tray
- 3 Saturate the grow pad with 1/3 cup of drinking water
- 4 Open bag with seeds and spread evenly on the grow pad
- 5 Place cap for 2 to 3 days until seeds are germinated

GROWING TIPS



GERMINATION

- **Dark** and **humid** climate.
- Cover the seeds for the first two to four days.



TEMPERATURE

- Between **65°F** and **70°F**
- Room temperature.



LIGHT

- Place in room with **ample light**. Direct sunlight is not desirable.



NO SOIL

- We use a **substrate instead of soil**. Made from wood fiber cellulose, allows for use without washing.



WATER

- Keep your microgreens moist.

SCAN FOR STEPS!



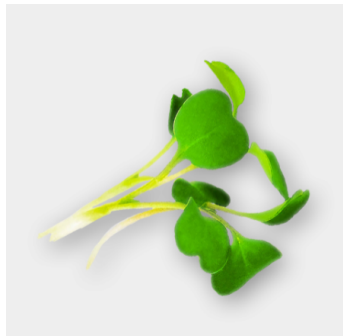
MICRO PURPLE RADISH (SAKURA CRESS)

The deep and unique color comes from the anthocyanin found within the plant, which is an anti-oxidant linked to protect against heart disease as well as cancers. The spicy radish flavor of Micro Purple Daikon makes an excellent pairing with sushi, salads and soups!



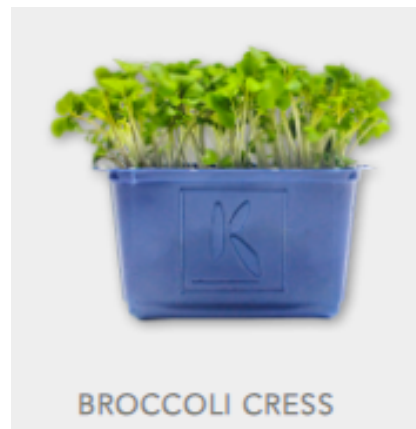
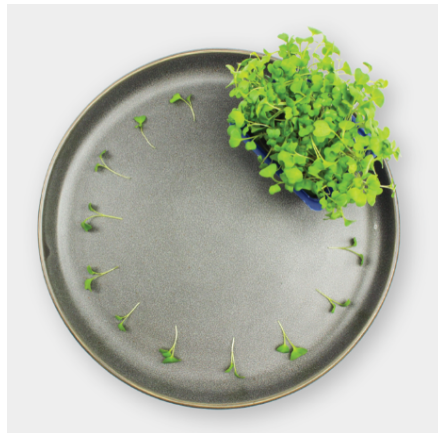
MICRO ARUGULA

This wild variety of Arugula is deliciously pungent and spicy. In the past, it was used to remedy coughs as well as an aid for digestion. Now it is one of the most widely used products across the world and considered a global vegetable. These heart-shaped leaves embody true flavors of fresh and spicy arugula and are great when added to bruschetta, grilled calamari or a proper veal Milanese.

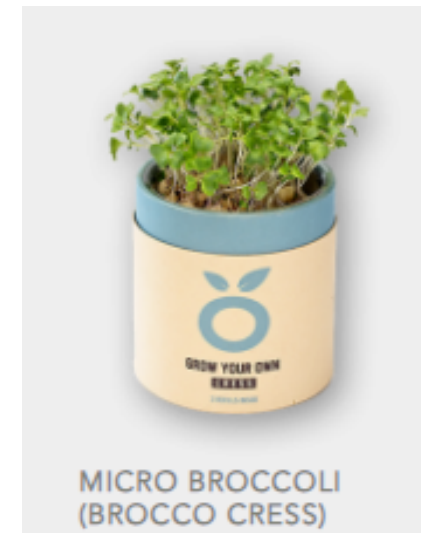


BROCCOLI CRESS

Broccoli is a form of cabbage in the Brassica family, and is native to Italy. Like the artichoke, Broccoli is essentially a large edible flower. Mix it within salads or your favorite gnocchi or orecchiette pastas.



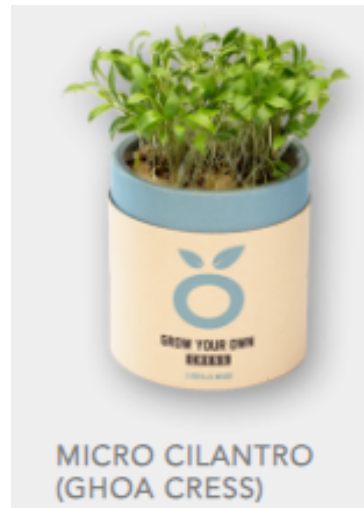
BROCCOLI CRESS



MICRO BROCCOLI
(BROCCO CRESS)

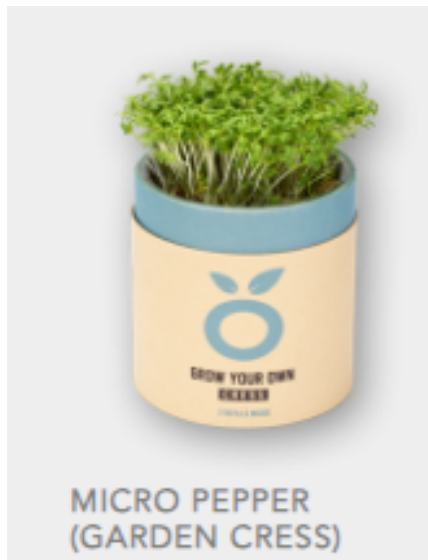
MICRO CILANTRO (GHOA CRESS)

Native to western Asia, but now it is grown worldwide! Our variety boasts an incredibly complex host of flavor nuances that range from spicy ginger to sweet notes of citrus without any of that notorious soapiness. Its complex flavor make it a wonderful addition to sauces, salads, tacos, or tuna tartare.



MICRO PEPPER (GARDEN CRESS)

Micro Peppergrass might be tiny; but boy, does it have a bite. It has a unique shaped leaves that are somewhat heart shaped and it's spicy and peppery flavor make it a perfect addition to salads and sandwiches.



MICROGREEN GROWING KITS



Micro Arugula Cup
"Rucola Cress"
1 Grow Cup + 5 Refills



Micro Cilantro Cup
"Ghoa Cress"
1 Grow Cup + 5 Refills



Micro Pepper Cress Cup
"Garden Cress"
1 Grow Cup + 5 Refills



Micro Purple Radish Cup
"Sakura Cress"
1 Grow Cup + 5 Refills



Micro Broccoli Cup
"Brocco Cress"
1 Grow Cup + 5 Refills



Micro Arugula Pod
"Rucola Cress"
1 wood fiber substrate pad + 1 small bag of seeds



Micro Cilantro Pod
"Ghoa Cress"
1 wood fiber substrate pad + 1 small bag of seeds



Micro Peppercress Pod
"Garden Cress"
1 wood fiber substrate pad + 1 small bag of seeds



Micro Purple Radish Pod
"Sakura Cress"
1 wood fiber substrate pad + 1 small bag of seeds



Micro Broccoli Pod
"Brocco Cress"
1 wood fiber substrate pad + 1 small bag of seeds



Single Grow Cup
1 Grow Cup + 5 Microgreen flavor pods.

Trio Grow Cup
Box of 3 Grow Cups + 3x5 Microgreen flavor pods.

Microgreens Refills
5 Microgreen flavor pods (mix or single varieties).

Suscription
5 Microgreen flavor pods (mix or single varieties) per month for 6 months + 1 free cup.