



ORGANIC SPROUTING KITS in terracotta

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INSTRUCTIONS:

Kit contains: terracotta dish, sprout seeds for three plantings, 2 coir disks (growing medium)

1. Place coir disk in a bowl. Add $\frac{1}{2}$ cup of water and wait until it is absorbed. Repeat until coir disk expands to approximately three or four times its size and appears moist.
2. Crumble the expanded coir into terracotta dish. Take the unused coir and place in a covered container for your next planting.
3. Press down firmly on coir until surface is level.
4. Sprinkle one teaspoon of sprouting seeds evenly over surface of the growing medium.
5. Mist with water
6. Water with mister each day, keep moist.
7. You can start to (harvest) cut sprouts to eat in 5-8 days.

Great on sandwiches or used as a garnish. Can be added to stir fries, soups or eaten alone as a snack.

Enjoy and be healthy.



Four Choices:

- Italian Arugula
- Radish
- Broccoli & Rapini
- Curly Cress