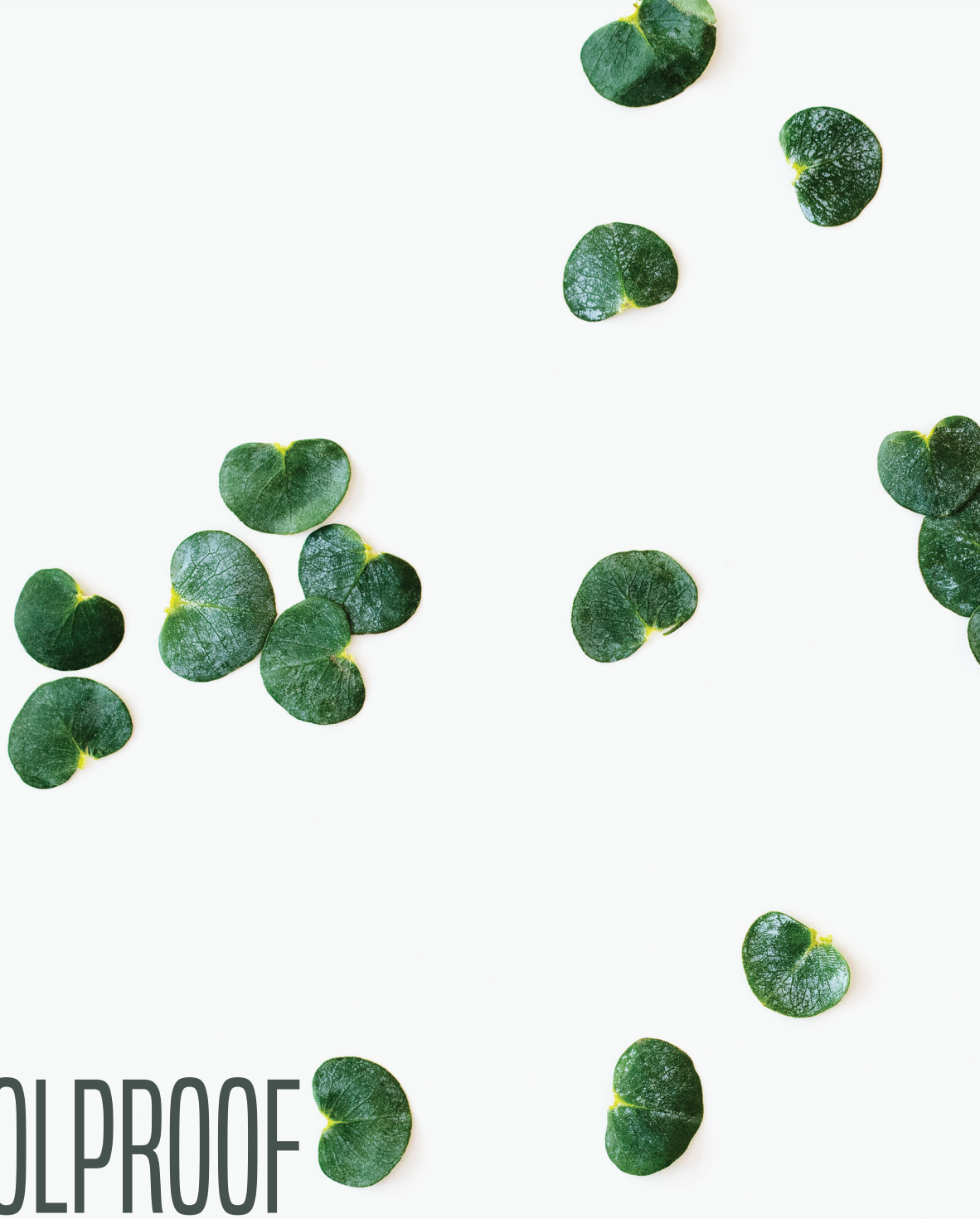
SUSTENANCE



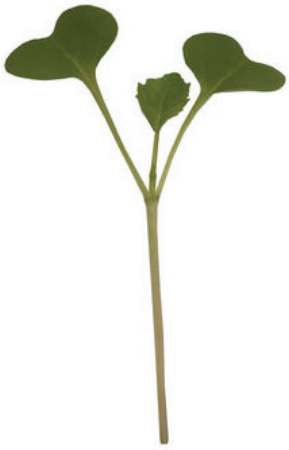
THE FOOLPROOF *Microgreen* GUIDE

Amarnath (Red)

Seeding Rate:	35-45 gms
Pre-Soak:	No
Blackout Time:	5-6 Days
Germination Time:	2-3 Days
Estimated Time To Harvest:	8-12 Days

Note: Prefers warmer growing conditions

Broccoli



Seeding Rate:	35-45 gms
Pre-Soak:	No
Blackout Time:	4-5 Days
Germination Time:	2-3 Days
Estimated Time To Harvest:	8-12 Days

Basil

Seeding Rate:	35-45 gms
Pre-Soak:	No
Blackout Time:	5-7 Days
Germination Time:	3-4 Days
Estimated Time To Harvest:	8-12 Days

Note: Grow using only warm water

Beets

Note: Pre-soak the seeds in cold water for best results

Seeding Rate:	35-45 gms
Pre-Soak:	Yes
Blackout Time:	6-8 Days
Germination Time:	3-4 Days
Estimated Time To Harvest:	10-12 Days

Cauliflower

Note: Pre-soak the seeds in cold water for best results

Seeding Rate:	60-80 gms
Pre-Soak:	No
Blackout Time:	4-6 Days
Germination Time:	2-3 Days
Estimated Time To Harvest:	8-12 Days

Amarnath (Green)

Note: Prefers warmer growing conditions

Seeding Rate:	35-45 gms
Pre-Soak:	No
Blackout Time:	5-6 Days
Germination Time:	2-3 Days
Estimated Time To Harvest:	8-12 Days

Corn Shoots

Note: Soak for 12-24 hours and harvest after 6 days as leaf formation starts

Seeding Rate:	60-80 gms
Pre-Soak:	Yes
Blackout Time:	6 Days
Germination Time:	1-2 Days
Estimated Time To Harvest:	6 Days

Mustard

Note: Prefers cooler growing conditions

Seeding Rate:	35-45 gms
Pre-Soak:	No
Blackout Time:	2-4 Days
Germination Time:	1-2 Days
Estimated Time To Harvest:	8-12 Days

Radish

Note: Requires weightsto grow

Seeding Rate:	70-80 gms
Pre-Soak:	No
Blackout Time:	Days
Germination Time:	Days
Estimated Time To Harvest:	Days

Peas

Seeding Rate:	70-80 gms
Pre-Soak:	Yes
Blackout Time:	3-5 Days
Germination Time:	2-3 Days
Estimated Time To Harvest:	8-12 Days

Note: Grow in soil

Spinach

Seeding Rate:	35-45 gms
Pre-Soak:	No
Blackout Time:	4-6 Days
Germination Time:	2-3 Days
Estimated Time To Harvest:	8-12 Days

Sunflower

Seeding Rate:	70-80 gms
Pre-Soak:	Yes
Blackout Time:	2-3 Days
Germination Time:	2-3 Days
Estimated Time To Harvest:	8-12 Days

Note: Grow in soil

SUSTENANCE

To remember:

1) The seeding rate is for 10x12 inches tray.
2) Pre-Soak: Soaking the seeds in water for a day
3) Blackout Period: The period when the seeds are kept covered without being exposed to light.
4) Germination Period: The time taken by the seeds to sprout.
5) Medium used: Coco-peet
6) Grow the microgreens in an environment with low humidity and good air flow.