

# INSTRUCTIONS

## COMPLETELY REMOVE ALL COMPONENTS BEFORE STARTING

Start seeds indoors 4-6 weeks before the last frost.  
Sprout Time: 5-10 days; Harvest Time: 75-90 days

### PREP

Remove all components, pour  $\frac{1}{3}$  C water into vessel.

### EXPAND

Set vessel aside. With clean hands, place grow medium discs into growing pot. Rinse under water. Break discs apart with fingers until fully expanded.

### PLANT

Place growing pot into vessel, top with seeds and push just below the surface. Set in a warm, sunny spot.

### GROW

Set a reminder to check grow medium every 2-3 days. If dry, add  $\frac{1}{3}$  C fresh water to vessel. **Once sprouts appear**, add  $\frac{1}{3}$  C water and  $\frac{1}{8}$  tsp plant food to vessel. Repeat plant food and water mixture every two weeks.

### TRANSPLANT

Once sprouts are established, transplant growing pot into a larger pot or into ground. Plant outside when temps stay above  $55^{\circ}$  at night. Pick a spot with 6-8 hours sunlight. Water often, fertilize monthly.



modern sprout<sup>®</sup>

Reuse your vessel by adding potting soil and seeds.  
Vessel designed for planting only.  
Learn more at [modernsprout.com](https://modernsprout.com)

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Start seeds indoors 4-6 weeks before the last frost.  
Sprout Time: 5-10 days; Harvest Time: 60-90 days

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