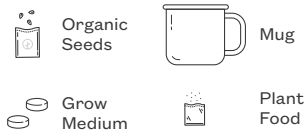


Instructions

ALTERED HERBS GROW KIT

INCLUDES:



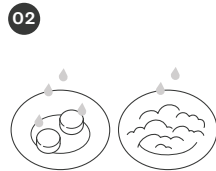
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01 SET UP

Completely remove all components from mug.

Recycle paper packaging wrap.



02 EXPAND

This step is easiest to do using a shallow bowl. Start with clean hands. Place grow medium discs in bowl, add $\frac{1}{2}$ cup water to expand. Break discs apart to evenly distribute moisture. Continue to mix until the grow medium is light and fluffy.



03 PLANT

Add expanded grow medium to the mug. Sprinkle seeds evenly onto the surface of the grow medium.



04 SUN

Set in a sunny window.

PRO TIP: Cover with plastic wrap for 3-4 days to trap heat and moisture to speed up sprouting time. If possible, set on a heat mat or under a grow light.

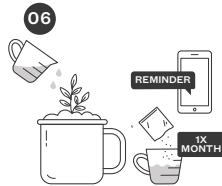
ONCE
SPROUTS
APPEAR



05 NUTRIENTS

Once sprouts appear, prepare plant food. Mix $\frac{1}{4}$ cup water and $\sim\frac{1}{8}$ tsp of plant food in a cup (use a $\frac{1}{4}$ tsp measuring spoon and fill halfway). Stir to dissolve. Pour evenly over the surface the grow medium. Store plant food in a sealed bag after opening.

↓ SEE BACK FOR GROWING TIPS



06 ONGOING

Check grow medium every 3-4 days and add $\frac{1}{4}$ cup water when grow medium is dry to the touch. Repeat plant food mixture from step 5 once a month.

Set a reminder on your phone to help you keep up with your watering and nutrient schedules.



07 TIPS

Harvest your herbs as early and often as you like, this encourages more growth.

These herbs can be steeped fresh in hot water or dried and stored in an airtight container for future steeping.

↓ SEE BACK FOR GROWING TIPS

Field Notes



Direct Light is Best

Your seeds need at least 6-8 hours of direct sunlight to germinate. "Direct sunlight" means an unobstructed window. If your home doesn't get direct sunlight, consider using a grow light.



Seed Starting Temps

Most seeds germinate between 70°F-80°F. If the temperature outside drops below 55°F, remove from the window to prevent cold damage. If growing in a dry climate, add a plastic wrap over the sprouts to create a greenhouse effect and speed up sprouting time.



Transplant Thriving Herbs

Herbs have a life cycle ranging from 4-6 months. You can transplant your herbs to a bigger pot or your outdoor garden to keep the party growing. Just be sure any danger of frost has passed.



Fuel for Your Plants

We have included plant food to provide nutrients for your plants. Follow the dosing schedule in the instructions for best results. Continuous nutrient dosing encourages recurring growth.



Start Steeping

Herbs aren't just good for you, they're also easy to enjoy. Harvest a handful of fresh leaves from your plant, rinse, then steep in boiling water for 5-10 minutes. Just like that you have a cup of herbal tea that's packed with beneficial compounds like adaptogens, antioxidants and vitamins.



Drying Herbs

Dry your herbs to have a stash ready when you need a pick-me-up. Gather your herbs, give them a gentle rinse to remove any dirt and tie them together in small bunches using kitchen twine. Hang upside down until completely dry, about 1-2 weeks. Store dried herbs in an air tight container for up to 1 year.



Enjoy your Enamel Mug

This enamel mug is safe for growing and drinking from, but not simultaneously! Once your growing journey is complete, remove all grow medium and thoroughly clean the mug in hot soapy water. Do not put your mug in the dishwasher.



Thrive Promise

We stand behind our products. If your kit does not grow as expected, contact us at modernsprout.com/help to make it right.