

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 the jar 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.



Growing Hydroponically

In this hydroponic grow kit, the grow medium is immersed in water, using capillary action to pull water up to the seeds as they need it. Growing hydroponically leads to sustained self-watering systems that produce healthy plants.



Fuel for Your Plants

Plants in hydroponic systems, without soil, require added nutrients to grow to their full potential. We have included plant food to provide those nutrients for your sprouts. Follow the dosing schedule in the instructions for best results. Continuous nutrient dosing encourages recurring growth.



No Need to Transplant

Over time, roots will grow through the net pot into the reservoir. This is completely fine as your plant is designed to grow to maturity in this jar. It is not recommended to transplant your plant out of the net pot.



Keep Growing On

Your Grow Kit is designed to be reused! Some herbs are seasonal with life cycles ranging from 4-6 months. To grow something new, shop replant kits on modernsprout.com.



About Your Seed Packet

In order to prevent overcrowding, we have included 25-50mg of seeds with this kit. This is less than a standard seed packet you would get at a hardware store. This quantity of seed is right sized for growing in this smaller hydroponic footprint.









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.

Instructions

GARDEN JAR - HYDROPONIC GROW KIT

INCLUDES:

-  Organic or Non-GMO Seeds
-  Jar
-  Grow Medium
-  Net Pot
-  Plant Food
-  Coaster Top



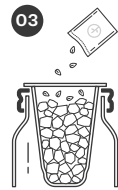
SET UP

Completely remove all components including net pot from jar. Pour 2 cups of water into the jar, screw the ring on and set aside.



RINSE

Complete this step in a sink with the drain covered or over a mesh strainer to prevent grow medium going down the drain. Pour grow medium into the net pot. Grow medium will be dusty, rinse thoroughly under a faucet until the water runs clear. Insert net pot into the jar, on top of the ring.



PLANT

Sprinkle seeds evenly onto the surface of the grow medium. Avoid shaking jar to prevent seeds from falling too deep into grow medium.



SUN

Place jar on coaster in a sunny window and wait for the first sprouts to appear. Do not let the water level drop beneath the net pot.

Save the plant food for later, you'll need this after seeds sprout. Sprout times vary per seed type.

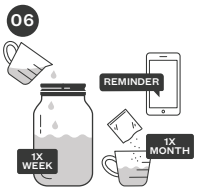
ONCE SPROUTS APPEAR



NUTRIENTS

Once sprouts appear, remove the net pot and set on coaster, empty the jar. Refill the jar with 2 cups water and $\sim\frac{1}{8}$ tsp of plant food (use a $\frac{1}{4}$ tsp measuring spoon and fill halfway). Stir to dissolve. Return the net pot to the jar. Store plant food in a sealed bag after opening.

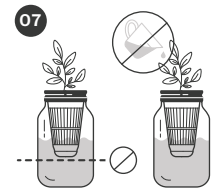
↓ SEE BACK FOR GROWING TIPS



ONGOING

Change the water completely once a week with 2 cups fresh water. Add $\sim\frac{1}{8}$ tsp plant food to the water once a month.

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



TIPS

Do not let the water level drop beneath the net pot. Always remove the net pot from the jar when watering. Never water over the seeds as it will disrupt the sprouts and impact growing success.

↓ SEE BACK FOR GROWING TIPS