

modern sprout.

LAVENDER GROW KIT

INCLUDES:



Vessel



Plant
Food



Grow
Medium



Non-GMO
Seeds



Net
Pot

INSTRUCTIONS

01



SET UP

Remove all components including net pot from vessel. Pour $\frac{1}{2}$ cup of water into the vessel.

02



RINSE

Complete this step in a sink with a covered drain. Pour grow medium into the net pot; rinse thoroughly until the water runs clear. Insert net pot back into the vessel.

03



PLANT

Sprinkle seeds evenly onto the surface of the grow medium.

04



SUN

Place vessel in a sunny window and wait for the first sprouts to appear. See seed timing below. Save the plant food for when the seeds sprout.

ONCE SPROUTS APPEAR

05



NUTRIENTS

Once sprouts appear, remove the net pot and empty the vessel. Refill with $\frac{1}{2}$ cup water and a pinch of plant food (use a half-filled $\frac{1}{8}$ tsp measuring spoon). Stir to dissolve. Return the net pot to the vessel. Store plant food in a sealed bag after opening.

06



1X
WEEK

1X
MONTH

ONGOING

Replace the water completely once a week. Add plant food to the water once a month.

07



KEEP IT GROWING

Do not let the vessel dry out. Remove the net pot from the vessel when watering. Avoid watering over the seeds as it could disrupt sprouts.

FIELD NOTES

- Poppy seeds sprout in 14–28 days.
- Place in 6–8 hours of direct sunlight (unobstructed window) to partial shade or use a grow light.
- Maintain 60–70°F for best germination.
- If below 55°F, move away from windows.
- In dry climates, cover loosely with plastic wrap to create a greenhouse effect until sprouts are established.
- For a larger plant, transplant outdoors in a sunny spot after threat of frost has passed. Gently remove the plant; if roots have grown into the net pot, plant it directly and retrieve the net pot after the season.

modern sprout®

POPPY GROW KIT

INCLUDES:



Vessel



Plant
Food



Grow
Medium



Non-GMO
Seeds



Net
Pot

INSTRUCTIONS

01



SET UP

Remove all components including net pot from vessel. Pour ½ cup of water into the vessel.

02



RINSE

Complete this step in a sink with a covered drain. Pour grow medium into the net pot; rinse thoroughly until the water runs clear. Insert net pot back into the vessel.

03



PLANT

Sprinkle seeds evenly onto the surface of the grow medium.

04



SUN

Place vessel in a sunny window and wait for the first sprouts to appear. See seed timing below. Save the plant food for when the seeds sprout.

ONCE SPROUTS APPEAR

05



NUTRIENTS

Once sprouts appear, remove the net pot and empty the vessel. Refill with ½ cup water and a pinch of plant food (use a half-filled ⅛ tsp measuring spoon). Stir to dissolve. Return the net pot to the vessel. Store plant food in a sealed bag after opening.

06



1X
WEEK

1X
MONTH

ONGOING

Replace the water completely once a week. Add plant food to the water once a month.

07



KEEP IT GROWING

Do not let the vessel dry out. Remove the net pot from the vessel when watering. Avoid watering over the seeds as it could disrupt sprouts.

FIELD NOTES

- Poppy seeds sprout in 14–28 days.
- Place in 3–8 hours of direct sunlight (unobstructed window) to partial shade or use a grow light.
- Maintain 50–60°F for best germination.
- If below 50°F, move away from windows.
- In dry climates, cover loosely with plastic wrap to create a greenhouse effect until sprouts are established.
- For a larger plant, transplant outdoors in a sunny spot after threat of frost has passed. Gently remove the plant; if roots have grown into the net pot, plant it directly and retrieve the net pot after the season.

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DAISY GROW KIT

INCLUDES:



Vessel



Plant
Food



Grow
Medium



Non-GMO
Seeds



Net
Pot

INSTRUCTIONS

01



SET UP

Remove all components including net pot from vessel. Pour ½ cup of water into the vessel.

02



RINSE

Complete this step in a sink with a covered drain. Pour grow medium into the net pot; rinse thoroughly until the water runs clear. Insert net pot back into the vessel.

03



PLANT

Sprinkle seeds evenly onto the surface of the grow medium.

04



SUN

Place vessel in a sunny window and wait for the first sprouts to appear. See seed timing below. Save the plant food for when the seeds sprout.

ONCE SPROUTS APPEAR

05



NUTRIENTS

Once sprouts appear, remove the net pot and empty the vessel. Refill with ½ cup water and a pinch of plant food (use a half-filled ⅛ tsp measuring spoon). Stir to dissolve. Return the net pot to the vessel. Store plant food in a sealed bag after opening.

06



1X
WEEK

1X
MONTH

ONGOING

Replace the water completely once a week. Add plant food to the water once a month.

07



KEEP IT GROWING

Do not let the vessel dry out. Remove the net pot from the vessel when watering. Avoid watering over the seeds as it could disrupt sprouts.

FIELD NOTES

- Poppy seeds sprout in 14–21 days.
- Place in 3–8 hours of direct sunlight (unobstructed window) to partial shade or use a grow light.
- Maintain 65–75°F for best germination.
- If below 50°F, move away from windows.
- In dry climates, cover loosely with plastic wrap to create a greenhouse effect until sprouts are established.
- For a larger plant, transplant outdoors in a sunny spot after threat of frost has passed. Gently remove the plant; if roots have grown into the net pot, plant it directly and retrieve the net pot after the season.

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CATNIP GROW KIT

INCLUDES:



Vessel



Plant
Food



Grow
Medium



Non-GMO
Seeds



Net
Pot

INSTRUCTIONS

01



SET UP

Remove all components including net pot from vessel. Pour $\frac{1}{2}$ cup of water into the vessel.

02



RINSE

Complete this step in a sink with a covered drain. Pour grow medium into the net pot; rinse thoroughly until the water runs clear. Insert net pot back into the vessel.

03



PLANT

Sprinkle seeds evenly onto the surface of the grow medium.

04



SUN

Place vessel in a sunny window and wait for the first sprouts to appear. See seed timing below. Save the plant food for when the seeds sprout.

ONCE SPROUTS APPEAR

05



NUTRIENTS

Once sprouts appear, remove the net pot and empty the vessel. Refill with $\frac{1}{2}$ cup water and a pinch of plant food (use a half-filled $\frac{1}{8}$ tsp measuring spoon). Stir to dissolve. Return the net pot to the vessel. Store plant food in a sealed bag after opening.

06



ONGOING

Replace the water completely once a week. Add plant food to the water once a month.

07



KEEP IT GROWING

Do not let the vessel dry out. Remove the net pot from the vessel when watering. Avoid watering over the seeds as it could disrupt sprouts.

FIELD NOTES

- Consult your veterinarian for proper serving size for your pet's needs.
- Catnip seeds sprout in 7-14 days.
- Place in 4-6 hours of direct sunlight (unobstructed window) or use a grow light.
- Maintain 60-70°F for best germination.
- If below 55°F, move away from windows.
- In dry climates, cover loosely with plastic wrap to create a greenhouse effect until sprouts are established.
- Once plant is established, harvest regularly by trimming stems just above a leaf node to encourage new growth and a fuller, bushier plant.

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WHEATGRASS GROW KIT

INCLUDES:



Vessel



Plant
Food



Grow
Medium



Non-GMO
Seeds



Net
Pot

INSTRUCTIONS

01



SET UP

Remove all components including net pot from vessel. Pour $\frac{1}{2}$ cup of water into the vessel.

02



RINSE

Complete this step in a sink with a covered drain. Pour grow medium into the net pot; rinse thoroughly until the water runs clear. Insert net pot back into the vessel.

03



PLANT

Sprinkle seeds evenly onto the surface of the grow medium.

04



SUN

Place vessel in a sunny window and wait for the first sprouts to appear. See seed timing below. Save the plant food for when the seeds sprout.

ONCE SPROUTS APPEAR

05



NUTRIENTS

Once sprouts appear, remove the net pot and empty the vessel. Refill with $\frac{1}{2}$ cup water and a pinch of plant food (use a half-filled $\frac{1}{8}$ tsp measuring spoon). Stir to dissolve. Return the net pot to the vessel. Store plant food in a sealed bag after opening.

06



ONGOING

Replace the water completely once a week. Add plant food to the water once a month.

07



KEEP IT GROWING

Do not let the vessel dry out. Remove the net pot from the vessel when watering. Avoid watering over the seeds as it could disrupt sprouts.

FIELD NOTES

- Consult your veterinarian for proper serving size for your pet's needs.
- Wheatgrass seeds sprout in 1-3 days.
- Place in 3-8 hours of direct sunlight (unobstructed window) to partial shade or use a grow light.
- Maintain 60-75°F for best germination. If below 55°F, move away from windows.
- In dry climates, cover loosely with plastic wrap to create a greenhouse effect until sprouts are established.
- To harvest, trim 2" above grow medium, leaving grass to continue to grow.