

**Student Farmers** is a non-profit organization dedicated to in-home sustainable farming for students of all ages, who seek to improve their health, reduce cost of vegetables, and promote environmental stewardship.

Welcome to the Future of Food!



**MICROGREEN  
SUPERFOOD**

**Starter Kit**

## Superfood Benefits of this “BAT” MIX:

**Broccoli** – Heart Health, Digestion, Immune System, and Cancer Prevention.

**Arugula** – Sports Performance, Blood Pressure Reduction, Cancer Prevention, Vision Protection, Wound Healing, Liver Detoxification, and Prevention of Bad Breath and Body Odor.

**Turnip** – Healthy Skin and Hair, Reducing Anemia, Osteoporosis Prevention, Cancer Prevention and Treatment, Diabetes, Digestion, Fertility and Pregnancy, Sleep, and Mood.

**Medical Disclaimer:** The content here, online at StudentFarmers.org, or on any of the social media posts is for informational or educational purposes only, and it does not substitute professional medical advice or consultations with healthcare professionals.

See: [StudentFarmers.com/microgreen-benefits](http://StudentFarmers.com/microgreen-benefits).



This kit includes: 1. Four Envelopes of Seeds, 2. Four Grow Mats, 3. One Grow Tray (with drainage holes), 4. One Upper Tray (without holes), 5. One Lower Tray (without holes), 6. Spray Bottle



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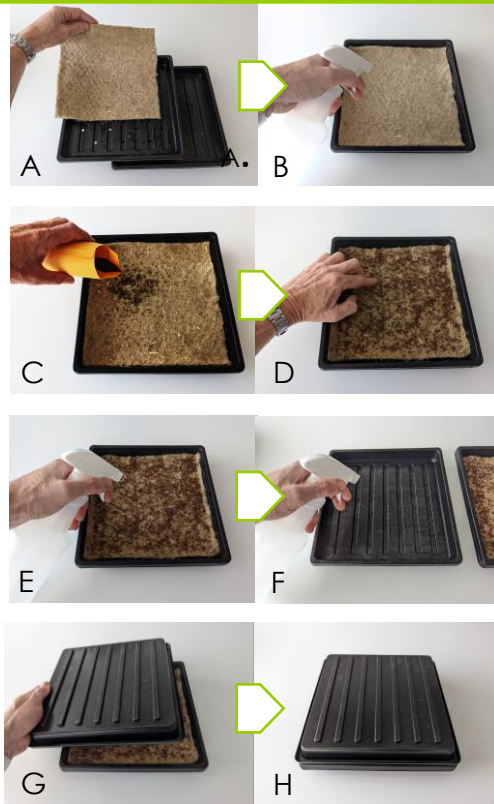


For “how to” video, FAQs, tips, recipes, and supply SHOP for more seeds and grow mats, scan the QR code or visit [www.StudentFarmers.com/StarterKit](http://www.StudentFarmers.com/StarterKit)

# STEPS FOR SUCCESS

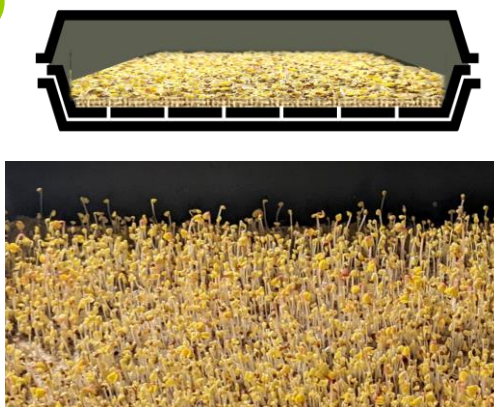
## DAY 1

- A.** Lay a sheet of the Grow Mat in the Grow Tray (with drainage holes) and set in Lower Tray (without holes).
- B.** Spray to wet the mat.
- C.** Spread seeds evenly on the mat using the seed envelope.
- D.** Even out the seeds with your finger.
- E.** Spray to wet the seeds.
- F.** Spray to wet the inside of the Upper Tray "lid".
- G.** Cover the lid for germination.
- H.** Set in a cool place away from direct sunlight.



## DAYS 2 & 3

Spray the seeds on the mat twice a day, as well as the underside of the lid. Keep the lid covered. The growth should come out by the end of day 2. By day 3 they should measure about 1".



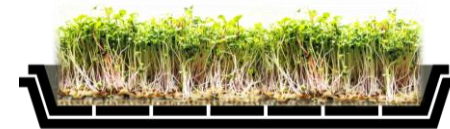
## DAYS 4 to 9

The growth should be about 1.5" on day 4. Remove the lid. Move the tray to a windowsill or table near a window. Spray or add 6 oz to 8 oz of water twice a day. Pouring is faster than spraying.

**A-1:** Pour the water evenly over the top

OR

**A-2:** Pour the water into the lower tray. When the greens are 3" to 4" tall, they are ready to harvest.



## DAY 10

Three easy ways to Harvest:

**A-1:** Pull out the greens and eat them with their tiny roots, **A-2:** Cut then above the Grow Mat, **A-3:** Cut the Grow Mat to place on a dish on your counter or in an air-tight container in your refrigerator for a week.



Compost or discard Grow Mats, which are biodegradable.

## Eat & Repeat !

Enjoy your microgreens on salads, sandwiches, in smoothies, and more: [www.StudentFarmers.com/Recipes](http://www.StudentFarmers.com/Recipes)