

INSTRUCTIONS FOR MICROGREENS GROW MAT

Here's a quick guide to get you started and growing in no time.

1. Place the grow mat in a 25.4 x 50.8cm standard growing tray. If you don't have one, cut the mat to the size you need for your own tray.
2. Gently wet the mat with a spray bottle until it is completely saturated. It should be moist but not sloppy. (It is best to use purified water. An under sink filter works well and can swiftly filter a big amount of water. Depending on where you live, the pH of your tap water may be a little high, so you may need to decrease it to around 6 - 6.5).
3. Sprinkle 30 to 50 grams of seed onto the mat, making sure it is equally coated. Small seeds would have 4 - 5 seeds per square centimeter, whereas larger seeds would have 2 - 3 seeds. Extra-large seeds (such as peas and sunflowers) do not even require the medium.
4. Using the spray bottle, carefully spray the entire tray, being sure to reach all of the seeds.
5. Cover the tray (if using a 25.4 x 50.8cm tray, just place another one on top to create a dome and place in a dark room with temps around 22 degrees). You should not need to water them again until you put them into the light. (Just in case, check once a day and water if the mat is dry). You might also stack another tray on top and add weight to offer the micros extra resistance.
6. The seeds should have grown after 3-4 days. At this time, you can remove the tray and position it in front of a light source. LED grow lights (see our website or ask us for more info) are a low-cost and cost-effective alternative.
7. At this stage, you should only need to water once a day. Remember to water the microgreens from the bottom rather than the top. Pour water into the tray from one end to achieve this.
8. Depending on the variety of seeds, you should be able to harvest between 10-14 days.
9. Of course we love to see the developments you made and the growth of your microgreens. Please, tag us @cubicgrow and use the hashtag #cubicgrow in your Instagram images. You can also send them to info@cubicgrow.eu.

Good luck with your growing & harvesting!

Team Cubic Grow