

Wheatgrass Kit

We have provided you with about one teaspoon of wheat berries. If after using these berries up you'd like to grow more, look for wheat berries at your natural food store.

We grow the grass in many different containers. Try a ceramic bowl or a cup. It's also interesting to use a glass jar or vase so you can watch the roots grow down into the soil.

Directions:

1. Soak some of the wheat berries well covered in water for 24-36 hours.
2. Mix some potting soil with water until it is nice and moist. Put the soil in the container(s) you've chosen.
3. Drain the soaked barriers and spread them evenly in a single layer over the surface of the soil. Push the berries lightly so they're really in contact with the soil.
4. The wheat berries now need to stay moist until they've sprouted. There are two ways to accomplish this. Either place a piece of plastic wrap or a plastic bag over the container or spray the surface lightly with a little water or twice a day. In either case, put your container in a spot where it will get some sun.
5. Once there are little green shoots on the berries (about ½ inch long) take off the plastic if you've been using it and let your wheatgrass grow! Generally you won't need to water it for two weeks – the soil will have enough moisture in it.

The whole process from soaking to green grass takes about 10 days. The time will depend on the temperature of the room and the amount of sunlight your grass gets.

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