

Supergrow

MICROGREEN QUICK START GUIDE



20 Minutes



1 Refer to instruction manual to assemble grow light.*



Add to Tray



2 Place the matting into each grow tray.



12-14 Hours



3 Water the matting until it's soaked. Ideally soak for upto 12 hours.



4 Sprinkle seeds onto the matting. Density depends on seed variety.

* Store black capillary matting and plastic supports, not needed for microgreens

Thanks for growing with **Superpousse**.

We're on a mission to help you grow your own nutritious and delicious greens fast, easily and affordably.

Head to the website for more details, variety-specific tips and techniques.



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5 Give the seeds and matting another soak.*



2-3 Days +



6 Place trays in a darkness until you see shoots sprouting up. (2-3 days).



12-14 Hours



7 Place your trays in the base of the growlight. Provide 12-14 hrs of light per day.



7 Days +



8 Harvest your microgreens. Normally after 7-10 days depending on variety.

Microgreens are very easy to grow, but like most things worth doing can take a little practice. If you don't have success the first time, go to the website for a more detailed guide and try again!