

Basic Steps to Growing Buckwheat Greens/Lettuce, Pea Greens, and Wheatgrass

Items Needed: Organic Buckwheat seed, Snow Pea seed, or Hard Red Wheatberries, Purely Green 25% concentrate (* optional), Azomite (#optional), Seed Starting or Potting Soil (NOT topsoil or soils with time release fertilizers or moisture holding beads), minimum 2 seed or planting trays, something to weight the tray.

Harvest Time: 8-10 days

1. For Sprout Queen white trays, soak for 8-12 hours (overnight easiest) 1 cup of dried seed per tray in bowl or sprout jar. You may want to adjust amount soaked if you find too much or too little or use a different size tray.
2. Drain off soak water/solution and rinse the seed. Let extra water drain off and rinse the seed well 2-3 times a day allowing to drain between each rinsing. Plant after 36 and before 48 hours from start of soaking time.
3. Fill tray(s) with an inch of soil. Spread sprouted seed in a thin layer on top of soil. Lightly dust with Azomite (optional). Water in thoroughly with water or Purely Green solution. Cover with empty tray and weigh down without covering holes in tray.
4. To keep from drying out, place trays in filtered/indirect light for 3-5 days. Temperature of growing environment will determine number of days trays are covered.
5. Separate trays when new growth is taller than side of tray. Water if soil appears dry. Place in brighter light.
6. For mold/fungus problems, increase your air circulation with a fan or reduce the amount of seed/wheatberries per tray.

When to harvest:

Buckwheat Greens/Lettuce

Cut around 3-5 inches growth. Treat like leaf lettuce when stored in refrigerator. Will last 1 week or longer.

Pea Greens

1. These take 10+ days for the greatest amount.
2. Cut around 3-5 inches growth. You can let grow taller but the sweetest green will be at these heights.
3. Stored in airtight container in refrigerator. Will last 1 week or longer.

Wheatgrass

1. Harvest grass when appearance of second blade of grass or when the grass is about 5 inches above the soil.
2. Harvest/Cut all grass once for the sweetest and most nutritious. Store in airtight container in refrigerator for up to a week.
3. If you have a cat or dog, leave tray out for them to graze on continued growth. They can also eat the original.

* Purely Green is an environmentally friendly concentrated cleaning solution. It's use has significantly reduced Sprout Queen's fungus problems in SW FL's heat. We use 1 oz of the 25% Purely Green concentrate per gallon of water for soaking and watering (not rinsing). It can be premixed and stored.

Azomite is a natural mined mineral product that adds additional trace elements and minerals to plants grown with it.

HAPPY GROWING!!!

Chris Lindsey

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Sprout Queen highly recommends composting the contents of your seed tray. It can be distributed amongst flower beds, vegetable gardens, or put in a composter.

Note: Wheatberries and peas can be stored in the refrigerator once the tail appears (known as sprouted wheat or pea) and added to meals as a source of protein.