



**VOLTA  
PINE**  
FARMS



# Pepper Punch Kit

Grow your own food, no matter  
where you live

# Welcome

**Volta Pine Farms** aims to make fresh, healthy produce accessible to everyone, all year round.

The Urban Grow Kit helps bring that goal home by enabling people to grow their own food in small spaces like flats, balconies, or windowsills. The kit is beginner-friendly, low-maintenance, and includes tips, care instructions, and space to track progress.

All you need is sunlight, a bit of time, and care — no green thumb required.



# How to plant

## 1. Soak the Coco Peat



- Place the coco peat block in a bowl.
- Add warm water and let it expand fully into soft, fluffy soil.



## 2. Fill the Pots

- Loosely fill each pot with the soaked coco peat, leaving a bit of space at the top.



## 3. Sow the Seeds

- Make small holes (about 0.5–1 cm deep).
- Drop 2–3 seeds in each hole and gently cover with peat.

## 4. Water Gently



- Mist or lightly water until moist (not soggy).
- Keep the soil moist during germination.



# How to plant



## 5. Place in Sunlight

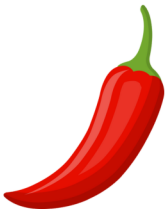
- Set pots near a sunny window or on a balcony — 6–8 hours of light is ideal.



Watch our video  
on how to plant



# Plant Care



## Chilli

1. **Keep Warm** – Germinate in warmth (25–30°C) for 1–2 weeks.
2. **Sunlight** – Give 6–8 hours of sunlight daily.
3. **Water** – Keep soil moist but not soggy.
4. **Transplant** – Move to bigger pots when seedlings are strong.
5. **Pollinate** – Shake the plant or use a brush if indoors.
6. **Harvest** – Pick chillies when fully coloured and firm (60–90 days).



# Plant Care

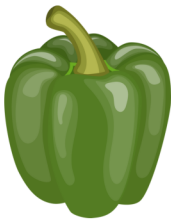


## Habanero Pepper

1. **Sun & Warmth** – Place in a sunny spot; needs 6–8 hours of sunlight daily.
2. **Water** Lightly – Keep soil moist, not soaked.
3. **Transplant** – Move to larger pots once seedlings are 10–15 cm tall.
4. **Fertilize** – Use a balanced fertilizer every few weeks.
5. **Pollinate** – Gently shake the plant if grown indoors.
6. **Harvest** – Ready in 90–100 days when bright red and firm.



# Plant Care



## Bell Pepper

1. **Keep Warm** – Germinate at 20–25°C; takes 7–14 days.
2. **Sunlight** – Needs 6–8 hours of full sun daily.
3. **Water** – Keep soil evenly moist, not soggy.
4. **Transplant** – Move to larger pots when 10–15 cm tall.
5. **Support Growth** – Use stakes if plants get tall.
6. **Harvest** – Pick when peppers are firm and fully coloured (70–90 days).



# Garden Journal/ Tracker

A garden tracker helps you stay organised, consistent, and connected to your plants. It lets you record what you planted, track growth, spot issues early, and learn from each season. More than that, it turns gardening into a mindful, joyful habit — helping you grow better, every time.



Get your garden  
tracker here!





# Thank You!

Thank you for taking the time to grow something meaningful.

This Grow Kit is more than just soil and seeds — it's a small act of care, patience, and connection with nature. Whether this is your first plant or one of many, we hope this journey brings you joy, peace, and a little more green in your everyday life.

Remember, growth takes time — just keep showing up with sunlight, water, and love.

We're rooting for you 🌱

— *The Volta Pine Farms Team*





Our mission is to provide fresh, healthy  
produce to everyone year-round at affordable  
prices.

[voltapinefarms.com](http://voltapinefarms.com)