

Transplant stage (to the hydroponic grow box)

Tips for growing

- After the transplant has a chance to “hardening off,” make sure that the plants get direct sunlight for 2-4 hours and afternoon shade daily. Hardening off means allowing the transplant to get use to their new environment under shade daylight for the next few days to mitigate shocking the transplant.
- If grow box is warm, relocate the grow box
- **Do not** get rid of the excess nutrient solution as it will be needed to top off the grow box
- **Do not** get rid of the unused microgreens because it can be used to replace unhealthy transplant in the grow box.
- Refill with extra nutrient solution when level fall below half of the grow box; maintain level between $\frac{1}{2}$ to $\frac{3}{4}$ of the grow box; the void space inside the grow box allows the unsubmerged roots to act as “air roots” which absorb oxygen necessary for aerobic respiration in plants

1. Remove the (light green) collar from the net cup and make sure that the extra piece of the collar remains in place at the center.
2. The stem of the transplant must be greater than 1 inch in length so that the root is below the net cup collar. Gently grab and pull 2-4 plants from the soil the ones that look the most healthy/mature/strongest microgreens with the first “true set” of leaves starting to sprout out at minimum or a ready-to-grow starter plant from a nursery/box store. (Note that the first two leaves like is called cotyledons and is not the seedling “true” leaves. The cotyledons feed the plant until all the nutrients are used up. Once they’re spent, they naturally wither and fall off the stem as new leaves form.)
3. Dip the roots in water to remove as much excess soil as possible
4. Put 2-4 of the plant or a ready-to-grow starter plant with care into the net cup collar (pool noodle) from Step #1 and making sure that the extra piece of the collar remains at the center to support the bundle of stems. (IMPORTANT!!! The delicate stems should be placed in a collar location where there is **visible gap** so to not squash them)



5. Set collar (pool noodle) inside the net cup (roots should be between a quarter and half of the net cup from the top)
6. Place net cup inside the holes in the grow box containing approximately 1-gal of nutrient solution.
7. Ensure that each of the roots submerge in the nutrient solution as seen below, adding more nutrient solution as needed.



8. Over the coming weeks, the nutrient solution level will drop below 50% of the grow box. Add more nutrient solution to the grow box to **no more than** 75% level of the grow box; the void space inside the grow box allows the unsubmerged roots to act as “air roots” which absorb oxygen necessary for aerobic respiration in plants.
9. As the microgreens transplant mature into baby greens, consider selecting **two** strongest/healthiest plants and cut/remove the remaining plants from each net cup. This prevents competition for light and further promotes a healthier plant growth. When the big leafy greens are ready to harvest, cut the bigger one off and leave the smaller to continue to grow.

