

Transplant stage (to the hydroponic grow box)

1. Gently grab and pull 2-4 plants from the soil the ones that look the most healthy/mature microgreen or a ready-to-grow starter plant from a box store.
2. Dip the roots in water to remove as much excess soil as possible
3. Put 2-4 of the plant or a ready-to-grow starter plant with care into the net cup collar (pool noodle) provided
4. Place the extra piece of net cup collar (pool noodle) inside the middle of it
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.

Tips for growing

- Make sure that the plants get morning sun (in full sun light) for 2-3 hours and afternoon shade daily
- 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
- 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