



Fresh grass your cat can graze, grown on a windowsill in about a week from a quarter cup of seed. It is one ingredient — whole hard red wheat — and it is genuinely hard to get wrong. Here is the soil way and the no-soil way, plus what to do when it sulks.

WHAT'S ACTUALLY IN THE BAG

Hard Red Wheat

Whole wheat berries — the same grain that becomes bread flour. Nothing coated, treated, dyed or mixed in.

ONE INGREDIENT

Grows Fast

Green shoots in 2–4 days, a full pot your cat can graze in about a week. Faster than almost anything else you can grow indoors.

READY IN ~7 DAYS

Grows Anywhere

A windowsill, a countertop, a dark closet for the first two days. No garden, no grow light, no green thumb.

INDOORS, ANY SEASON

Not Just for Cats

Dogs, rabbits, guinea pigs, hamsters, gerbils, tortoises, parrots and backyard chickens all graze it happily.

WHOLE HOUSEHOLD

TWO WAYS TO GROW IT

In Soil

THE USUAL WAY · 7–10 DAYS

You need A pot or dish and some potting soil
Seed About ¼ cup per 6" pot
Soak Optional — 8–12 hours speeds it up
Grazeable Day 7–10, at about 4"
Lasts 2–3 weeks of nibbling
Downside Some cats dig, and then you have soil on the rug

PICK THIS IF your cat grazes politely, or you want the pot to last as long as possible

No Soil at All

THE TIDY WAY · 6–9 DAYS

You need A shallow dish and paper towels
Seed Enough to cover the bottom in one layer
Soak Recommended — 8–12 hours
Grazeable Day 6–9, at about 4"
Lasts 1–2 weeks, then it tires out
Downside Shorter life, and it can dry out fast

PICK THIS IF you have a digger, a kitten, or carpet you care about

THE ONE THING PEOPLE GET WRONG

Cover it until the sprouts appear — usually two or three days. Wheat germinates best in the dark and under a cover it holds its moisture, so it comes up thicker and more even. Left open on a bright windowsill from day one it dries out in patches and grows unevenly, and you will assume the seed was bad. A dinner plate, a second pot, a piece of cardboard — anything that blocks the light works.

FIVE STEPS AND YOU'RE DONE

STEP 1

Soak

8–12 HOURS

Cover ¼ cup of seed with cool water overnight. Skippable if you are growing in soil, but it does buy you a day.

STEP 2

Sow

2 MINUTES

Drain, then scatter the seed across 1–2" of damp soil so the grains sit shoulder to shoulder. Press them down. Do not bury them.

STEP 3

Cover

DAY 1–3

Put a plate or a second pot on top and leave it somewhere out of the way. Peek once a day and mist if it looks dry.

STEP 4

Uncover

DAY 3

Pale yellow shoots lifting the cover means it is working. Take the lid off, set it in any bright spot, and it greens up within a day.

STEP 5

Serve

DAY 7–10

At about 4" it is ready. Put it down somewhere your cat already likes to sit, and let them find it.

WHAT EACH DAY LOOKS LIKE

DAY 0

Soak & sow

Seed goes in water, then onto soil, then under a cover.

DAY 1–2

Nothing

White roots under the cover. Looks like nothing is happening. It is.

DAY 2–4

Pale shoots

Yellow-white blades push the cover up. Uncover and give it light.

DAY 4–6

Green and up

It turns properly green and puts on an inch a day. The cat has noticed.

DAY 7–10

Serve it

4–6" and standing up straight. Set it down and step back.

WEEK 3–4

Retire it

Blades yellow and flop over. Compost the whole thing and start the next pot.

THE TWO METHODS IN FULL

Soil Method
LONGEST-LASTING POT

1. Soak ¼ cup of seed in cool water for 8–12 hours (optional, but it gains you a day).
2. Fill a 6" pot or a shallow dish with 1–2" of damp potting soil and level it off.
3. Scatter the drained seed across the surface in a dense single layer, grains touching. Press them in and mist.
4. Cover with a plate or a second pot until sprouts appear, usually 2–3 days, misting if the surface dries.
5. Uncover on day 3, move to any bright spot out of hot direct sun, and water lightly every day or two.
6. Serve at about 4", usually day 7–10.

NOTE
Use a heavy, wide, low pot. A tall narrow one gets tipped over roughly nine seconds after your cat discovers it.

No-Soil Method
NO MESS, NO DIGGING

1. Soak the seed 8–12 hours. Not strictly required, but it gets you going a day sooner.
2. Line a shallow dish or food container with 3–4 layers of damp paper towel.
3. Drain the seed and spread it in one even layer across the towel. It should cover the bottom without piling up.
4. Cover until sprouts appear, 2–3 days, checking daily that the towel is still damp.
5. Uncover, move to a bright spot, and add a splash of water whenever the towel starts to dry.
6. Serve at about 4", usually day 6–9.

NOTE
Roots knit into a mat you can lift out in one piece. Very tidy, but it dries out faster and tires out sooner than soil.

WHO ELSE IN THE HOUSE WILL EAT THIS

PET	HOW THEY TAKE IT	NOTES
Cats	Graze standing over the pot	The whole reason you bought it. Some cats nibble a blade a day, some mow a pot flat in an afternoon. Both are normal cat behaviour
Dogs	Enthusiastically, all at once	Many dogs love it. Offer a handful of cut blades rather than the pot, or it disappears in one sitting
Rabbits	Cut and offered fresh	Snip a small handful and add it to their greens. Introduce slowly, like any new fresh food
Guinea pigs	Cut, a small handful	Popular. Same rule — small amounts at first, then work up
Hamsters, gerbils, rats, mice	A few blades at a time	Tiny portions. A single pot lasts a small rodent a very long time
Parrots and small birds	Whole pot, in the cage	Foraging and shredding as much as eating. Put the pot in and let them wreck it
Tortoises & chickens	Cut or grazed	Chickens will clear a tray and treat it as a personal insult if you fence it off. Tortoises vary a lot by species — grazing tortoises eat grass readily, others want broadleaf weeds instead, so check what yours should be eating

For every animal on this list, grass is a supplement and never a replacement. Rabbits and guinea pigs in particular must still get unlimited hay — grass does not substitute for it. Introduce any new fresh food gradually and in small amounts, and check with your vet before offering it to reptiles, exotics, or any pet on a restricted diet.

KEEP A POT GOING, ALWAYS
One pot gives you two to three weeks of grazing, and a cat that has just discovered fresh grass can strip it a lot faster than that. **Start a new pot every week or two** and you will never be caught without one. It costs about ten minutes and a quarter cup of seed. Growers who do this stop thinking about it entirely — there is simply always a green pot on the windowsill and a slightly older one on the floor.

GETTING THE MOST OUT OF A POT

- **Put it where the cat already is.** A sunny spot they nap in beats a shelf you chose for them.
 - **Trim it to 4–6"** with scissors if it gets tall and floppy. It comes back thicker and stands up better.
 - **Cut blades work too.** Snip some into a food bowl for a cat that ignores the pot but eats anything in a dish.
 - **Water from underneath** once it is up — a splash in the saucer — so the blades stay dry and the pot stays fresh longer.
- **Rotate it a quarter turn** every couple of days if it is leaning toward the window.
 - **Two pots, two rooms** is better than one big one, especially in a multi-cat house where one cat guards things.
 - **Retire it when it yellows.** Grass past its prime gets tough and stops being interesting.
 - **Compost the spent mat** — soil, roots and all. It breaks down fast, and it is just wheat.

SOMETHING WENT WRONG

WHAT YOU SEE	WHY IT HAPPENS	WHAT TO DO
Patchy, thin, sparse	Almost always too little seed, or no cover early on. Uncovered, the surface dries in patches and germination goes uneven.	Sow more heavily — the grains should sit shoulder to shoulder across the whole surface — and keep it covered until the sprouts show
Tall, pale and flopping over	Left covered too long, or not enough light after uncovering. The blades stretch looking for it.	Uncover as soon as the shoots lift the cover, and move it somewhere brighter. Trim floppy grass back to 4" and it regrows sturdier
White fuzz around the seeds	Usually harmless root hairs — a fine white halo on the roots themselves, right at the seed. Mold is different: grey or blue-green, cobwebby, sits on top of the seed rather than on the roots, and smells musty.	Root hairs need nothing. For anything musty or grey-green, throw the pot out — do not let a pet at it. Next time use less water, more airflow, and a shallower layer of seed
Smells sour or swampy	Standing water. There is no drainage, or the dish is being topped up faster than it dries.	Use a pot with drainage holes, or water far more sparingly. Damp, never wet. If it already smells, start over — it will not recover
Nothing came up at all	Seed that dried out during germination, or water hot enough to cook it.	Use cool water, never warm. Keep the surface damp the whole first three days — that is when a dry-out is fatal
Yellowing after a week or two	Perfectly normal. It is an annual grass living out of a small pot, and it has reached the end.	Compost it and start the next one. This is the point of sowing a fresh pot every week or two
Cat digs in the pot	Loose soil in a shallow container looks a lot like a litter box.	Top the soil with large smooth river stones — big enough that they cannot be swallowed — so blades come through but paws cannot dig. Or switch to the no-soil method entirely
Cat ignores it completely	Some cats need an introduction, and some genuinely are not interested.	Try snipping a few blades into their food bowl, or move the pot to where they already nap. Give it a week or two — plenty of cats come around late

Common sense with pets

- This is food-grade wheat seed with nothing on it — no coatings, no fungicide, no dye. That is exactly what you want for something a pet eats, and it is why lawn or garden grass seed is not a substitute.
- Grow it indoors, out of reach of anything you spray or treat.
- Introduce it gradually and in small amounts, like any new fresh food.
- Keep the pot clean. Throw out anything mouldy, sour-smelling or slimy rather than letting a pet decide.
- Grass is a snack, not a meal, and never a replacement for hay or any part of a normal diet.
- Some animals overdo a new favourite and it comes back up. An occasional episode is common; if it is repeated, or your pet seems unwell, stop offering it and call your vet.
- If your pet is on a special diet or has any medical condition, ask your vet before adding anything new.

QUESTIONS WE GET A LOT

Is this the same thing as wheatgrass?

Identical. Same seed, same plant. Grown a week and nibbled by a cat it is cat grass; grown a bit longer and put through a juicer it is wheatgrass. The bag does not know the difference.

Why does my cat eat grass at all?

Cats have grazed on grass for as long as there have been cats, and most housecats will do it given the chance. If you want the physiology behind it, that is a good question for your vet.

Can I reuse the soil?

Not for another pot — the root mat is spent. Compost the whole thing or turn it into a garden bed.

Will it grow back after my cat mows it?

Usually once or twice, each time a little shorter and thinner. After that it is time for a fresh pot.

How long does the seed itself keep?

Years, if you keep it dry. Whole wheat is one of the most storable seeds there is.

STORING THE REST OF THE BAG

Reseal it and keep it cool, dark and dry. A pantry is fine, a freezer is better, and a garage in summer is the one place to avoid. Never put damp or soaked seed back in the bag.

Questions about your pot? We actually answer.

Todd's Seeds is a family-owned business. If a pot didn't come up the way you hoped, tell us what you saw and we'll help you get the next one right.