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**TODD'S
SEEDS**

Growing wheatgrass hydroponically, without soil, is quite manageable and results in vibrant, healthy plants. Follow these steps for optimal results:

Supplies You'll Need:

- Wheatgrass seeds from <https://seeds.ToddsSeeds.com>
- Sprouting jar or large bowl
- Sprouting tray with drainage holes
- Growing mat (hemp, coconut coir, or similar)
- Clean water
- Dark towel (optional)
- Spray bottle

Step-by-Step Instructions:

1. ****Seed Preparation:****

- Measure out the amount of seeds required for your tray (usually about 1 cup).
- Rinse them thoroughly with clean water to remove dust and debris.
- Remove any damaged or discolored seeds.

2. ****Seed Soaking:****

- Place the rinsed seeds in a sprouting jar or large bowl.
- Fill the container with cool, clean water, using about three times the volume of water to seeds.
- Let them soak for 8-12 hours or overnight.

3. ****Draining and Rinsing:****

- After soaking, drain the water completely using a fine strainer or mesh lid.
- Rinse the seeds again with fresh water and shake gently to ensure no excess water remains.

4. ****Pre-Sprouting the Seeds:****

- Place the drained seeds in the sprouting jar or bowl, allowing them to sit for 12 hours.
- Rinse and drain the seeds every 8-12 hours until tiny sprouts (or "tails") appear, typically within 2 days.

5. ****Setting up the Growing Tray:****

- Place your growing mat inside the tray and moisten it with a spray bottle or by gently pouring water over it.
- Evenly spread the pre-sprouted seeds across the mat, ensuring they are not piled on top of each other.



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6. **Initial Growth Phase:**

- Cover the tray with a dark towel or another tray to encourage sprouting.
- Keep the mat moist by spraying or gently pouring water as needed.
- Remove the cover after 2-3 days, when the seeds have sprouted and the grass begins to grow.

7. **Growth and Maintenance:**

- Place the tray in indirect sunlight or under a grow light for 4-6 hours a day.
- Water the growing mat twice a day or as needed to maintain moisture.
- Ensure the tray is well-ventilated to prevent mold growth.

8. **Harvesting:**

- Your wheatgrass should be ready for harvest in about 7-10 days or when it reaches 6-8 inches in height.
- Use clean scissors to cut the grass just above the mat, and rinse thoroughly before consumption.

9. **Reusing the Tray:**

- Compost or dispose of the used mat.
- Clean the tray thoroughly with warm, soapy water before starting a new batch.

Tips:

- Start with high-quality, organic wheatgrass seeds for better growth.
- Avoid overwatering, as it can lead to mold growth.
- Store harvested wheatgrass in the refrigerator and consume it within 5-7 days for maximum freshness.

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