



# RUNAMUK ACRES

## Farm & Apiary

*Bee-friendly farming for a sustainable tomorrow.*

# Growing Shoots

## Quick Start Guide

### SUPPLIES:

- Seeds for shoots/sprouting. Check out [Johnny's Selected Seeds](#) to order!
- Soil (standard germination mix-usually made up of peat moss, vermiculite, perlite, and lime)
- Trays (aluminum foil half-loaf bread pans, the bottom of a milk jug, ceramic bowl, etc.)
- Organic fertilizer ([fish emulsion](#) or kelp meal)
- Warm, dark spot (kitchen cupboard, closet shelf, etc.)
- Newspapers (Can substitute paper towels, newsprint packing paper, or paper napkins)
- Measuring cups
- Watering can
- Small glass or plastic cups
- Small strainer or sieve
- 1 Gallon Ziploc bag
- 2 Quart plastic juice container
- Sunny windowsill
- Scissors

### ACCESSORIES:

- Small cordless vacuum cleaner
- Shelf built across the width of your window
- 2 Tubs to store it all: seed box, soil box
- Compost bin

### PREPARING TO GROW:

To plant 3 trays of shoots you will need:

1. 3 Trays
2. 2 Quarts of soil mix
3. 3 Tbsp compost (you can omit this if you do not have a ready supply of compost)
4. 1.5 Tsp fertilizer (use ½ tsp per tray)
5. 1 Tbsp large seed per tray: ie-pea and sunflower seed (please note that this recipe is made up for trays approximately 3" x 6" in size. If you're using larger trays you'll need to use more seed to cover the soil.).
6. 1 Tsp small seed—ie: broccoli or radish (1 teaspoon may not look like enough seed to do the job, but *trust me*—you don't want to oversow those small seeds!)
7. Stack of newspapers: one full sheet per tray

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### GROWING INSTRUCTIONS:

1. Soak the seeds in small cups covered with plenty of water.
2. Add 4 cups of water to the soil mix and set it aside.
3. Wait 6 hours or overnight for your desired seeds to soak.
4. Fold newspaper to serve as covers on your trays. Fold each one so that it will be just a little larger than the tray.
5. When the seed is ready to plant, soak the folded newspaper covers in water.
6. In the bottom of each tray mix  $\frac{1}{2}$  tsp of your chosen fertilizer, along with the 1 tsp compost.
7. Fill your trays with approximately 1  $\frac{1}{4}$  cups pre-moistened soil mix (for a 3in x 6in tray).
8. Level the soil, leaving about  $\frac{1}{4}$  inch to the top of the tray for seeds and paper-cover.
9. Drain the water from your seeds with the small strainer.
10. Spread the moistened seeds over the soil so they touch, but not overlapping each other.
11. Press the soaked newspaper cover into the tray so that it is in direct contact with the seeds.
12. Place the planted trays in a warm, dark place for 4 days.
13. On day 5 remove the cover, water the trays, and place them on a well-lit windowsill.
14. Once a day water with 2-4 tbsp per tray.
15. After 3-4 days of growth and greening in the light, harvest shoots with scissors.
16. Wash harvested greens and remove any remaining hulls.
17. Chop greens into  $\frac{1}{4}$  -  $\frac{1}{2}$  inch pieces and toss in a salad, add to a soup, or put them on a sandwich. To store for later use, keep greens dry and put them in a plastic bag or clam shell container in your refrigerator's crisper.