

FRESHNESS & FLAVOR MATTERS

Bon appetite!

When you eat better, you feel better. We hope you'll be inspired to expand your culinary adventures with microgreens. Visit our online Community hub for fresh and exciting recipe ideas for appetizers, snacks or meals. Download a free step-by-step planner online.

REFILLS & ACCESSORIES

Find something new today. Stock up on grow mat refills, check out the latest microgreen seeds, accessories, and more at our online store.

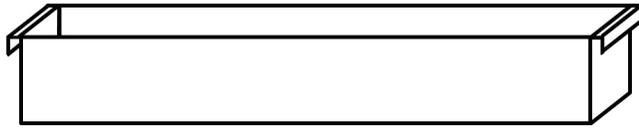
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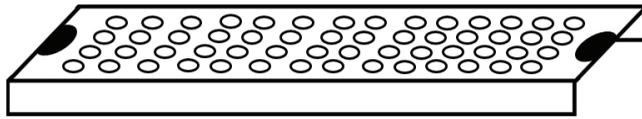
Instruction Manual

BOXFARM SYSTEM INCLUDES

1 Grow box



2 Grow rack



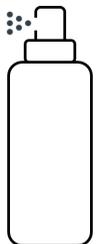
3 Grow mat (5 sheets)



4 Humidity cover



5 Mister bottle



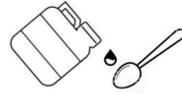
6 Plant food



7 Seeds (2)

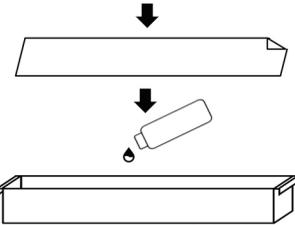


MICROGREENS STEP BY STEP

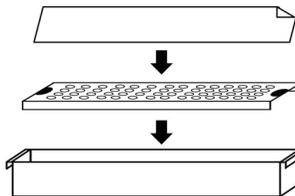


Preparation: Mix 1 teaspoon Dyna-gro plant food with 1 gallon of drinking water. Fill mister bottle with nutrient-enriched solution mix.

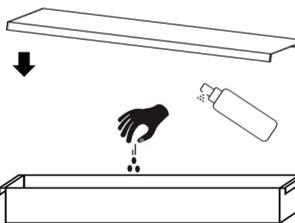
Tip: Before and after use, clean boxfarm with just water and dish soap. Do not use abrasive scrubbing pad.



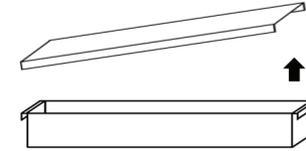
Day 1: Pour 8 ounces (1 mister bottle) of solution mix into grow box. Place 1 sheet of grow mat inside and allow mat to absorb solution.



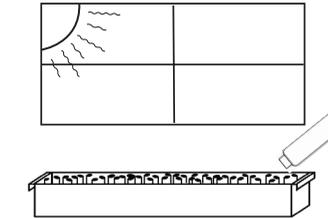
Stack moisten mat on top of grow rack and place both items back inside box.



Spread seeds evenly (see packaging for measurement) on top of moistened mat. Mist top of seeds lightly back and forth. Place humidity cover over box and store in dark place for 5 days.



Day 3: Open humidity cover to aerate for 10 seconds. If grow mat is slightly dry, spray mist on top of seedling. Cover box and store again in dark place.



Day 5: Uncover and expose uncovered box to ambient light to indirect bright location for next 4 days.

Pour 24 ounces (3 mister bottles) of nutrient-enriched solution into side of box. Rotate box once a day.

Keep indoor only



Day 9: Ready to harvest! Place both index fingers into side of box. Anchor onto side notches and lift entire grow rack out. Cut microgreens 1/2 inch above the roots. Dispose of grow mat. Unused greens can be stored in air tight container and will maintain freshness for up to 7 days.