

WHEATGRASS GROWING INSTRUCTIONS

Step 1

Weigh out the seed quantity required. 3- 4 seeds per cm² are a minimum to get good, dense growth. Our large growing trays have dimensions of 50cm x 32cm and require appr. 150g - 200g of wheat seeds per sowing.

If you wish you can pre-germinate the wheat. This will reduce the growing time by appr. 1 day. Soak the seeds in water for 6 to 12 hours. Then drain the seed and spread out on a flat surface (baking tray or similar) in a bright not too warm area. After 2-3 days little white shoots will start to emerge from each seed.

You can also sow the seed directly without pre-germination.

Step 2

Fill a seed tray with 4 - 6 cm quality (ideally certified organic) compost. Water the compost generously and leave to soak for 30 minutes.

Step 3

Spread the wheat seeds over the soil - about 3-4 seeds per cm². The seeds should be touching each other but not overlapping.

Step 4

Lightly sprinkle or sieve compost over the seeds to cover them.

Step 5

Keep the trays in indirect sunlight in a not too warm area.

Continue watering - very sparingly - as needed. Liquid seaweed can be added to the water to feed the plants.

After 7 - 10 days (in the summer) or 10 - 14 days (in the winter) the wheat will be tall enough - about 15 - 20cm - for harvesting and juicing. Use scissors to harvest the grass

by clipping it just above the root. Cut only as much as you need - this is a matter of personal preference - but you should get about five shots off one tray. Once the tray is finished the remaining stalks, roots and compost can be put on the compost heap. Whilst you can get a second crop this is never as sweet as the first.

Step 6

In order to ensure a continuous supply of wheatgrass you should have several trays on the go at once, sowing the wheat every 3-4 days

Wheatgrass does not need direct sunlight. If you have adequate sunlight to grow plants indoors, you should be able to grow wheatgrass. Wheat Seed needs at least 60° F (15°C) or higher to sprout and to grow. The best temperature is between 60-75°F (15° - 24°C). The warmer the temperature, the faster it grows.

Do not overwater as this will encourage mold growth.

Make sure that there is good air circulation.

Recommended reading:

The Wheatgrass Book - Dr Ann Wigmore

Wheatgrass, Nature's Finest Medicine - S Meyerowitz



lovely fresh wheatgrass