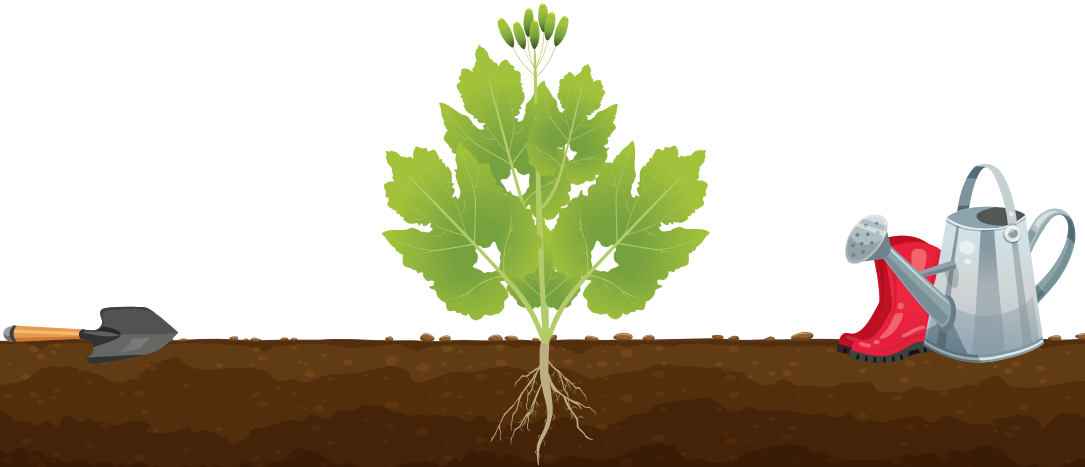


Nature's Blossom
SOW & GROW

herbs

GARDEN GROW KIT



GROWER'S MANUAL

Welcome to the Nature's Blossom Sow and Grow Experience!

You're about to embark on an exciting, rewarding journey of growing your own Herbs from seed.

This short grow guide takes you through each step of the growing process - from receiving your new kit to having healthy, beautiful plants.



OUR SUPPORT

We are here to make sure this experience is fun and successful - please contact us 24/7 at support@natures-blossom.com for any assistance or guidance you might need during the growing process.

Just like children, plants need love, care and nourishment that are tailored to match their unique needs. To make sure you're on the right track and know everything you need to know, we highly recommend visiting our website - www.natures-blossom.com. It contains additional tips and important information, including the next steps you should take once your plants grow tall.

WE HOPE YOU ENJOY GROWING YOUR NEW PLANTS!

Growing Herbs from Seed – The Principles

Throughout each plant's life cycle, these four factors are the key for a healthy, strong plant growth:



Sun

Your plant's oxygen and main nutrient source.



Soil Temperature

The most important factor for seed germination.



Water Moderation

The soil needs to be moist at all times – the provided water mister will help achieve this.



Air Flow

Prevent diseases and mold, and allow better water absorption.

What's in your Kit

4 Seed Packets

Parsley, Thyme,
Basil, Cilantro



4 Plant Markers

Allows you to label each pot so that you don't lose track. Write down the name of the seeds and the sowing date.



4 Soil Discs

Made from a unique mixture of peat and coconut. The discs expand 6-7 times their original size when watered. This type of soil is ideal for maximising germination rates.



4 Biodegradable Pots

Ideal for growing from seed. Once your seeds have properly germinated, these pots can easily be transplanted into the ground.



Getting Started

So you've just received your kit...
Awesome, let's get growing!



WHAT'S IN THE KIT

Don't want to sow your seeds just yet?

No problem, just store the seed packets in a cool, dark, and dry place, and plant them when you are ready.

NOTE : It's important to sow your seeds before the expiration date. The seed's expiration date can be found on the back of your packaging box.

What you wil Grow



Cilantro
Coriander



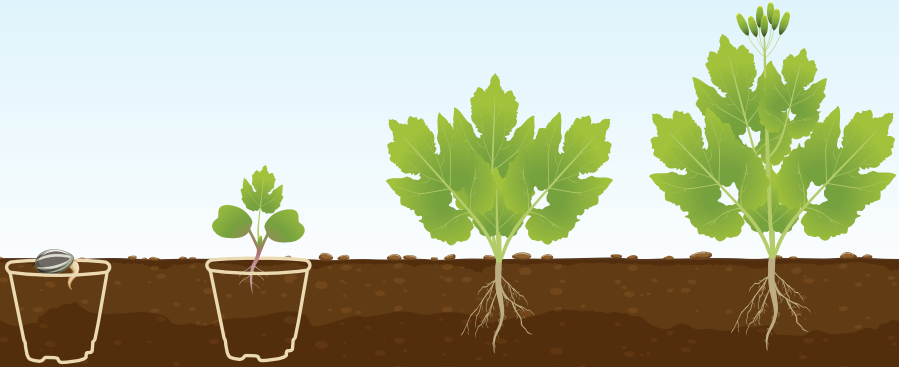
Parsley
Dark Green Italian Parsley



Thyme
Common Garden Thyme



Basil
Sweet Basil



Sow & Grow

Step by Step Process

Expanding the Soil Pellets

Place a peat soil disc pellet in a large bowl, and pour in one cup of room-temperature water (250 ml / 8.5oz). The soil pellet will absorb the water and expand as a result. This process should take 20-30 minutes. Once expanded, drain out any water left in the bowl.

Use your hands to break up the soil and crumble it as much as you can.

Firmly squeeze the soil with your hands to drain out excess water.



Once again, crumble the soil to make it loose and fluffy before filling the pots.

Filling the Pots with Soil

When filling the pots, leave about $\frac{1}{2}$ inch (1.5 cm) space at the top, free of soil.

You should have some extra soil left outside the pot - this will be used shortly.



TIP - When filling the pots, make sure the soil is loose by slowly sprinkling it into the pot, instead of pouring it all at once. Tight soil prevents the seeds from germinating and restricts its ability to properly drain water, which can result in the creation of mold.

Sowing the Seeds

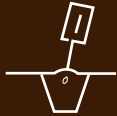
We've included more seeds than you need in your kit so that you have enough seeds for a second round of growing. **Please only use half of the seeds** available in each packet. Make sure the remaining seeds are stored in a dark, cool place to keep them fresh and ready to be sown at a later date.



STEP 1 - Using your index finger, poke small holes $\frac{1}{4}$ inch deep in the top surface of the soil. Place a single seed in each hole.



STEP 2 - Gently cover the seeds with the extra soil left outside the pot, adding no more than $\frac{1}{2}$ inch of soil. Do not press down on the soil once the seeds are covered, as it can prevent the future seedlings from emerging through the soil.



STEP 3 – Label each pot to track your plant’s growth and timelines. Write the name of the seeds and the sowing date on each plant marker, and gently stick it into the top layer of the soil.



STEP 4 – Add a small amount of water to the top layer of the soil until it is moist, but not saturated. Use the Nature’s Blossom spray bottle for better water control and to avoid over-watering.

Place your pots on a tray or place that will allow you to drain the water from below the pots. It is important to frequently remove the water from beneath the pots to prevent the creation of mold.



The First Three Days After Sowing - Initial Germination

During the first three days, your seeds will begin the germination process below the surface of the soil. You will not visibly notice the germination, but this is one of the most crucial times for your plants, so be sure to carefully follow the instructions.

During the first three days, the following guidelines **MUST** be followed:



NO DIRECT SUNLIGHT - Exposing your pots to direct sunlight can burn the seeds as they're still sensitive. During the germination process, your plants do not require sun at all, so we recommend storing your pots in a warm, dark room that does not receive sunlight.



SOIL TEMPERATURE MUST BE AT 75-85 FAHRENHEIT - It is impossible for the seeds to sprout if the soil's temperature isn't maintained within this range.

HELP - Finding it challenging to maintain the soil temperature high enough? Visit www.natures-blossom.com for tips on how to keep your soil warm, no matter where you live.



AIRFLOW - Keep the pots ventilated by placing them near an open window, or using a fan. Airflow is great for preventing diseases and mold, and supports the plant's growth.



WATER - Monitor the soil daily - it should be slightly moist, not saturated. Use your index finger to check for moisture daily. The top 1 inch below the soil's surface should feel a bit moist. If it's too dry, add small portions of water using the spray bottle.



Day 4 – Day 18 – From Seed to Seedling

Shortly, you should expect to see the first sprouts of your seeds emerging from the soil. Once you see these sprouts, it is the ideal time to provide them with plenty of indirect sunlight and nutrients, so that your young seedlings can grow into strong, healthy plants.

During this two weeks period, please follow these steps carefully:

- 1 **FROM DARKNESS TO LIGHT** - It's important to move the biodegradable pots to a location where they will have access to plenty of **indirect sunlight**, as plants receive their energy from the sun (photosynthesis). Without sufficient light, a plant would not be able to produce the energy it needs to grow.

Place the pots in a sunny location (south facing window, or the sunniest spot you have in your home). During the first few days of this phase, **DO NOT** expose your pots to too much direct sunlight, as your young seedlings are still extremely sensitive. However, as your plants begin to develop, you should gradually expose them to direct sunlight.

Once they reach approx a height of 1 inch, start exposing them to **direct** sunlight for 30 minutes a day. Gradually increase their exposure to direct sunlight by adding approximately 15 minutes each day, until your pots can be left outside unattended for 4-6 hours.



TIP - Rotate the pots 90° every day to expose all sides of the plants to an equal amount of sunlight.

Living in a WARM climate?

Avoid exposing the pots to direct sunlight during the hottest hours of the day, which is usually in the afternoons. You can place the pots in a partially shaded location to help keep the soil cool and reduce evaporation. An additional option is to mulch the soil with dried leaves or compost - even grass clippings will do the trick. This will help insulate the soil and keep it from overheating.



SOIL TEMPERATURE - The ideal temperature for this stage is 60-70 degrees Fahrenheit. Avoid exposing to extreme heat or cold.

Living in a COLD climate?

Contact us at support@natures-blossom.com for tips on how to keep your plants warm during the year.



WATERING - Check your pots daily and keep the soil moist at all times. [See detailed watering instructions above.



AIRFLOW - Make sure your young plants are exposed to a lot of fresh air. Open a window or place your pots in a room with a fan to provide air circulation to your plants.

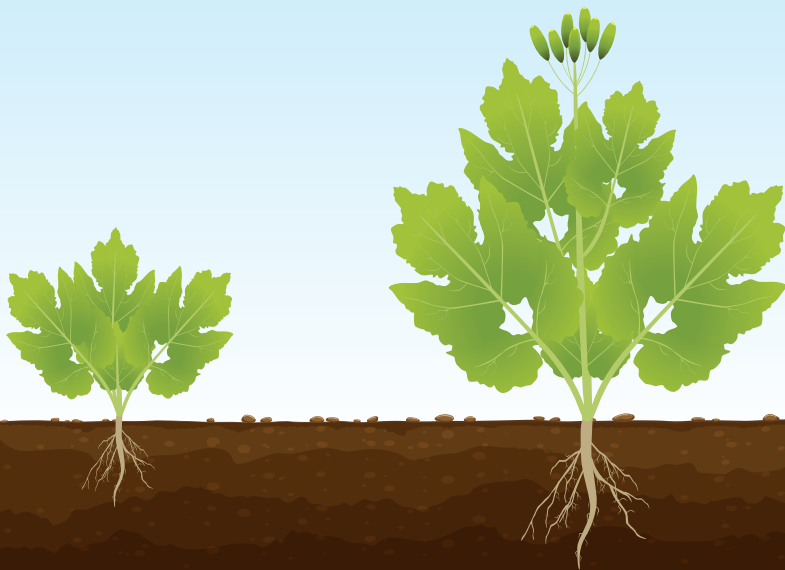
What if my Seeds haven't Germinated?

Don't give up just yet! Keep in mind that it can take longer for some of the seeds to sprout. Give it a few more days and see what happens.

Also, remember you only used half of your seeds, so you can try again by repeating the steps in this manual.

Second round of seeds didn't germinate either? Don't worry - simply contact us at support@natures-blossom.com and we will send you a new kit to try again.





Day 19 and Beyond – From Seedling to Maturity

This is the right time to nurture and turn your young seedlings into grown plants.



SUN



WATER



AIRFLOW

Expose your plants to as much sunlight as possible, water regularly to keep the soil moist, and keep your pots well ventilated.

FERTILIZE- By now, your seedlings will have drained most of the soil's nutrients and minerals, so you should re-energize them by fertilizing your plants.



TIP - Contact us to learn about the best fertilizers to use with your plants, recommended brands, and also a fun guide for making your own DIY organic compost at home.

Replanting/Transplanting Outside (Optional)

As your plants mature, they will require more space in order to keep growing. You can replant your plants into larger pots, or transplant the plants outside. Once you do that, note that it's not necessary to remove the plants from the biodegradable pots that came with your kit, as the biodegradable pots will completely dissolve within the ground or in a larger pot over time. Just make sure to cut off the base of the biodegradable pots using a pair of scissors to allow the roots to keep developing.

When and how Should I Harvest my Plants?

We are proud to be an environmentally friendly company, so in order to not waste too much paper we have kept this manual short and sweet. Visit our website for information about harvesting. You can also find additional gardening tips, hacks, guides, and other fun surprises.



Frequently Asked Questions

Should I grow my plants inside or outside?

It is best to keep your plants indoors during the planting and germination stages to maximize the control you have over the conditions. Once germinated, your plants need adequate sunlight to grow, so you can move them outside or to a window-sill. Alternatively, you can use grow lights as a substitute for sunlight.

What if I can't find a warm enough place for the initial germination?

Maintaining the desired 75-85 degrees that are required for seed germination can be challenging. If your growing conditions at home are below this temperature, consider one of the following options:

- Place your pots on top of your fridge, towards the back side of it, as your refrigerator will produce heat.
- Use a seed grow-mat or growing lights with temperature control.
- Cover your pots with breathable cotton-like cloth - this will help create a dark environment for your plants, maintain water and also helps protect the soil from cold temperatures.

Is there a proper way to water my plants?

YES - Avoid pouring water directly on the plant's stems, instead make use of the included spray bottle for better water control.

DON'T OVERWATER - Don't overwater - Add small portions of water first, and then add more if needed. Use your index finger to check for moisture daily - it should feel moist 1" below the soil's surface.

Place your pots on a tray or plate that will allow you to drain the water from below the pots. It is important to frequently remove the water from beneath the pots to prevent the creation of mold, standing water and grow molds.

Mold is growing - what should I do?

Mold can be created in any moist natural environment such as your pots. In case you've noticed the appearance of mold, don't panic - you can overcome it!

- First, try to gently scrape away any visible mold without harming the plant or the pots.

- Next, do not water your plant for a day or two, and ensure healthy air flow (you can even use a small fan). In case you don't notice a reduction in the mold, contact us at support@natures-blossom.com and our gardening experts will help you.

Is there a specific time or season to grow these seeds?

As mentioned in this manual, each plant and seed is unique and has its own season and growth conditions. Where you live can also affect the optimal planting season. To learn about when to sow your seeds based on your location, visit www.natures-blossom.com.

How much light is necessary for optimal growth of these seeds?

After the initial germination, sunlight is essential for your plant's growth. Place your pots in an area with optimal sunlight throughout the day for smooth growth. 4-6 hours of sunlight are optimal.

Is it necessary to transplant the plants into bigger pots after a certain amount of time?

The pots that come with your kit are biodegradable and won't maintain their shape for long. It's ok to keep using these pots during the first few months, but it is recommended to replant them into bigger pots with fresh soil, or transplanting them directly into the ground at some point.

WE WANT TO HEAR FROM YOU!

Guess what? The fun has just begun! Share pictures of your growing journey and you can win special gifts and prizes. You can reach us at support@natures-blossom.com for any questions, requests or just to say hey.

Thanks for growing with

Nature's Blossom

SOW & GROW

WWW.NATURES-BLOSSOM.COM