



Plant Information:

Wheatgrass is one of the easiest plants to sprout and grows very fast. The seeds germinate rapidly and the adult plant gets very tall. While very popular for use in shakes and juicers, we do not recommend consuming Wheatgrass from the Vita as many aquarium chemicals are not FDA approved for humans (however your cat may love it!)

Planting Seeds

1. Remove 2 tbsp. seeds from the ziplock bag and soak seeds in water for 8-12 hours to rehydrate the seed. Rinse the Grow Media Pad in water and gently squeeze all water from pad.



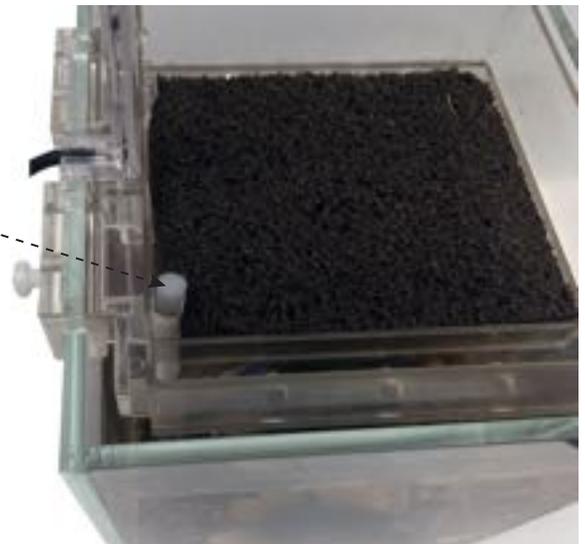
Soak 8-12 hrs.



Rinse & Squeeze

2. Insert larger grow wick into media tray until top of wick is level with top of grow tray. Place moist Grow Media pad into the Grow Tray.

Insert Wick



3. Spread Wheatgrass seeds over the area of Media Pad, or in specific locations you would like it to grow. The seeds do not need to be pressed into the media.

4. Place smaller gravel/stones around edges of Grow Tray and Media Pad. Do not cover Wheatgrass seeds with gravel.

Seeds will germinate anywhere from 2 days to 5 days.

Plant Care & Growing

Watering:

Wheatgrass does best on moist media, so we recommend keeping the grow wick installed the entire time.

Note: You can always trim your Wheatgrass to keep it under control as it will grow very tall!



Lighting:

Wheatgrass does not require a lot of light and can be grown almost anywhere. If your growing Wheatgrass and using our Vita LED light, we recommend trimming the grass to ensure it does not get too tall and droop over.

Temperature:

Average room temperatures between 75-80°F/24-27°C are ideal. Seeds will sprout faster in warmer temperatures closer to



Troubleshooting & Tips

Moldy seeds

Indicates there is too much water. Remove the grow wick for a few days and allow the pad to lose some water. You can also move your Vita where there is an increase in air circulation like an open window or near an AC vent.

Blades are turning yellow

Indicates underwatering. If pad is not moist or wet, spray with water and ensure wick is in place. If wick is not transferring water to the Grow Media, replace it with a new wick.