

Baby **SPROUT** Instruction Manual

Overview

The contents of this guide will cover how to start growing herbs using the Baby **SPROUT** gardening kit. The manual covers how to determine where to set up your garden, how to sow the herb seeds, how-to/when to water the herbs, how-to/when to harvest the produce, and recipes utilizing your herbs. By the end, you will maintain and harvest fresh and healthy herbs from the comforts of your home. Baby **SPROUT** will simultaneously help you learn the importance of high quality and fresh vegetables through primary resources that discuss the scientific facts of eating healthy.

Step One - Setting up your garden

Determining Location

The first step to setting up the Baby **SPROUT** is considering the space you would like to grow your garden. Generally, locations that have the following criteria are perfect:

1. Good air circulation.
2. Full or partial sun.
3. Temperatures ranging from 55-85 degrees Fahrenheit (13-30 degrees Celcius.)

Factors like full or partial sun should depend on the herb you've decided to grow. Please reference the table below for specific information regarding each herb.

Name of Herb	Lighting Requirements	Days until first sprout
Oregano	Full sun	7-14
Parsley	Full sun	20-30
Cilantro	Partial shade	7-10
Basil	Full sun	5-10
Chives	Full Sun	7-14
Mint	Full Sun	10-14



Exampe location.

Table Tips:

- Abiding by the light requirements indoors should be easy as long as your plant is placed near a window.
- While some herbs call for partial shade, the sun should be sufficient for all as long as you are indoors.

Step Two - Planting (Sowing Seeds):

It's time to start planting your seeds! The next few steps might get a little messy, so be sure to have the appropriate clothing on and be in a suitable environment.

Step One: Pour the soil into the container, and fill it an inch below the brim.

Step Two: Sprinkle 2-3 seeds on top of your soil around 1 area. It's important to plant more than one seed because some seeds are defective and won't sprout/germinate. But if you're growing chives, you should use 5 seeds.

Step Three: Lightly cover your seeds with another layer of soil (reference the table to see the exact amount of soil for each herb).

Name of Herb	Planting Depth in inches.
Oregano	1/8
Parsley	1/4
Cilantro	1/2
Basil	1/4
Chives	1/4
Mint	1/4

Step Four: Gently dampen the soil with water.

Step One - Filling Your Container:



Step Two - Placing Seeds:



Step Three - Covering Seeds:



Step Four - First Watering:



Table Tips:

- As mentioned earlier, "planting depth" calls for how much soil you apply during laying the second layer.
- Make sure the layer of soil is light so the herbs can sprout.

Step Three - Maintaining:

Now that you have rapidly maturing herb plants, it's important to properly support them. Down below are the necessary instructions crucial to maintaining your garden:

Watering: After planting your seeds, it's crucial to continuously water your plants. Daily watering, once or twice a day, should be sufficient. To ensure you don't overwater or underwater your plants, gauge this by checking whether or not your soil feels moist. If your soil obtains moisture continuously throughout the day, you are watering your plants perfectly.

Thinning: If you planted **Basil** or **Oregano**, make sure to pick out any additional sprouts; there should only be one sprout. This method is called thinning, and should be performed around 10-15 days after planting your seeds. In the table below, you can find specific germination expectancies for different



Name of Herb	Days until germination
Oregano	7-14
Parsley	20-30
Cilantro	7-10
Basil	5-10
Chives	7-15
Mint	10-14

Table Tips:

- Refers to when you will start to see signs of your plants growing.
- The category is also usually referred to as “germination.”

Pinching/Pruning: If you are growing **Basil** or **Mint**, pruning your plant is extremely important so that it can to its full potential. In the gardening world, this technique is called “pinching”.

Pinch your **Basil** plant's leaves when it grows to 6 inches, and has accumulated a set of leaves towards the bottom and 3 sets of leaves on the top. Remember that the 1st set of leaves on your **Basil** plant are called cotyledon or seed leaves, which shouldn't be cut off. The next leaves prior to this initial set are the ones that count, resembling larger “adult” leaves. To pinch your leaves, use scissors to cut the stem between the bottom 2 leaves and top 3 leaves.

Cut back your **Mint** at least once a month to ensure it retains a pleasing shape while remaining full and attractive.



Step Four - Harvest 101:

Congratulations! You have made it to the last step. Hopefully by now you have a fruitful and prosperous home garden. As the title suggests, step four is a time to harvest your crops, and most certainly enjoy them. In order to enjoy the fruits of your home grown herbs, it is important to properly harvest them so that they can rapidly regenerate for next year's harvest.

When To Harvest

Generally, herbs take around 40-50 days to fully grow. Though most herbs reach full maturity by this time, it is important to be 100% sure that your plants are ready for harvest, so you can get the most out of your plants. You can make sure your plants are fully ready for harvest by checking the leaves—or flowers in some cases—of your herb plants. In the description below, these characteristics are described specifically for different herbs.



Start picking the leaves of **Basil** as soon as the plants are 6 to 8 inches tall.



Harvest **Oregano** once the stems are at least four inches tall.

Harvest the **Cilantro** leaves when the plants are 4 to 6 inches long.



You may begin picking **Chives** when the leaves are at least 6 inches tall.



Harvest **Mint** when it grows to 3 to 4 inches tall.



Step Five - Harvest 201:

How to Harvest

Once you are certain that your herb plant is applicable for harvest, follow the next few steps to maximize the fruits of your garden. For each herb harvesting is different. Be sure to select the proper instructions that match your herb's name down below.

Name of Herb	Harvesting Instructions
Oregano	There are several methods used to harvest Oregano and dry it for preservation. You may pull off the tiny leaves and dry them separately or dry the entire stem and then crumble off the crisp leaves. Bundle the stems together and hang them to dry Oregano in a dark, dry spot.
Parsley	Cut leaves from the outer portions of the Parsley plant whenever you need them. Leave the inner portions to mature.
Cilantro	Clip the Cilantro leaves close to ground level.
Basil	Remove a few leaves from each section of the plant without cutting off any stems. Even this very light harvesting will encourage your Basil plant to grow fuller. Pinch off Basil leaves at the stem. When picking Basil leaves, be gentle to avoid tearing them or damaging the stems they are attached to.
Chives	Chives are relatively easy to harvest. Leave plenty left for regrowth, and cut by the stem. Both flowers and stalks are edible.
Mint	Harvest Mint leaves by pinching off stems. You can do this at any leaf size however, for a large harvest, wait until just before the plant blooms, when the flavour is most intense. Then cut the whole plant to just above the first or second set of leaves.

Storing & Utilizing Your Herbs

After harvesting your herbs, it is important to properly store them to preserve their quality. Refrigerate your herbs until use, so you can maintain the fragrant and juicy aspects of your freshly picked herbs.

For culinary purposes, you can dry your herbs like Oregano in paper bags to concentrate the flavor. While drying your herbs can be useful, herbs like Basil are extremely juicy and pungent when freshly picked. Keep in mind that all of these herbs can be used when dried or freshly picked.

On the next page we have compiled some of the best recipes out there that utilize the herbs you have grown with Baby **SPROUT**.

Step Six - Enjoy and Eat:

Congratulations! You have made it to the last step. Hopefully by now you have a fruitful and prosperous home garden. As the title suggests, Step Five is most certainly the time to enjoy them. In order to enjoy the fruits of your home grown herbs, it is important to properly harvest them so that they can rapidly regenerate for next year's harvest. If you're having trouble coming up with some creative applications for your herbs, take a look down below!

Name of Herb	Tasty Recipes
Oregano	<ul style="list-style-type: none">• Grilled Yellow Squash and Zucchini Pasta Salad: "Here's a great way to use summer's abundant squashes. Toasted pine nuts and briny kalamata olives make this salad a standout."• Orange, Radicchio, and Oregano Salad: "The dressing for this salad relies on a smart low-fat cooking technique."
Parsley	<ul style="list-style-type: none">• Slow-Roasted Salmon with Chimichurri: "This version of chimichurri, made with fresh parsley and oregano, is a perfect light, bright partner to balance the richness of the salmon."• Chickpea Salad with Red Onion, Sumac, and Lemon: "Along with plenty of lemon and a sprinkle of ground sumac, lots of fresh parsley keeps this hearty salad feeling light and bright."
Cilantro	<ul style="list-style-type: none">• Cilantro Cooler: "This light, summery cilantro-spiked drink—which Boudreau likes to mix with a eucalyptus-infused simple syrup—would be a great lead-up to Mexican food."• Pico de Gallo: "This pico de gallo is loaded with fresh cilantro, and we love serving it with grilled steak tacos."
Basil	<ul style="list-style-type: none">• Basil Pesto: "Go the traditional route and whip up a mean pesto sauce. Use as a condiment or as a sauce for fish or pasta dishes."• Spaghetti with Tomato and Walnut Pesto: "Basil is a mere garnish in this nutty, cheesy, peak-season pesto sauce."
Chives	<ul style="list-style-type: none">• Creamy Chive Potatoes: "When cooked just right, the potatoes will be tender but should still hold their shape."• Tomato Toast with Chives and Sesame Seeds: "Juicy, jewel-toned, peak tomatoes need little meddling."
Mint	<ul style="list-style-type: none">• Mint Lemonade: "This refreshing and tart Homemade Mint Lemonade Recipe will make you feel like you're on vacation!"• Pea and Mint Soup: "You'll be able to whip up this fresh, summery soup in just 30 minutes."

Epilogue

This concludes your journey with MintBox's Baby **SPROUT**. We thank you for choosing to garden with us! We hope that we have taught you the basics and importance of gardening. If you found this handbook at all helpful, please feel free to share it with your friends, family, and on social media: @Mint-Box.harvest. Please voice your feedback by contact us via email at MintBox.harvest@gmail.com. If you would like to learn more about us and MintBox's vision, contact us or visit our website: mintbox-harvest.com. We hope that we have been able to broaden your horizons in the world of gardening!