

# BE YOUR OWN *Microgreen* FARMER



**terrafibre<sup>TM</sup>**

by

**BIOCOMPOSITES  
GROUP**



## **Starter Kit Contents**

Instruction Manual | 2 x Reusable 10" x 20" Grow Medium Trays  
(1 for Growing; 1 for Stacking) | Reusable Clear Humidity Dome |  
Reusable Spray Bottle | 10 Pack 10"x20" Terrafibre<sup>TM</sup> Hemp Grow  
Mats | Assorted Microgreen Seeds



# Microgreen Tips & Tricks

- Make sure you thoroughly wash (and/or sanitize) your trays before each use.
- Lighting: If your grow room has good sunlight, you may only need to provide a minimal amount of supplemental light. To start, simply use what you have around the house: LED bulbs, incandescent lights, etc.
- If your crop is 'leggy' it may need more light.
- If your leaves have spots, your light source may be too close.
- Heat: Most microgreens prefer a room temperature of 70°F or 21°C. Use a heat mat below your crop if your ambient temperatures are too low.
- Air: Ensure your grow area has warmth & good air flow (use a small fan if needed).
- Water: For most municipal water sources, your water may be too high in pH (generally 7.0). Ideal pH of microgreen water is about 6.0.
- Root hairs (google them if you're not sure what they are) are generally acceptable - do not fret!
- If you notice any mold starting on your crop, simply spray seeds with a vinegar (+/-20%)/water (+/-80%) mix and that should do the trick! If not, food grade hydrogen peroxide is acceptable as well.
- Experiment! Try lots of seeds & varieties. Most seed suppliers all have excellent resources and instructions on their sites.

***The instructions shown here are intended as a starting point of the basics. As with any crop, many variables will help or hinder your success. Make sure to take notes and adjust your grow system accordingly.***



# Why Hemp?

In North America, the industrial hemp plant has been primarily grown for the seed, which is being used in cosmetics, nutrition and food products. The stalk has been a byproduct in North America for a number of years even though it contains incredibly valuable fibre.

Our products are made from the strong fibrous outside component of the stalk, bast fibre, which is then cleaned and processed into its final form. There are over 50,000 uses for industrial hemp and we are happy to present you with one more.

Hemp fibre is 100% biodegradable and compostable, encouraging an environmentally friendly and sustainable approach to growing. Hemp being one of the strongest natural fibres on earth provides the strength of a synthetic fibre. With a pH level of 6.7, hemp is an ideal fibre for water based solutions. Hemp fibre can hold 1000% of its own weight in water, providing a moist environment for seed germination. The highly absorbent mat provides an ideal root environment for strong growth for microgreens.

## **WHO ARE WE?**

*The future is not ours to invent, but to discover...*

At BioComposites Group (BCG), we design and build products that exploit the extraordinary mechanical qualities of common plants and trees, such as industrial hemp and flax. Based in the Canadian prairies, we draw our raw material from local agriculture and forestry industries. Most of it was previously considered waste.

## **WE ARE BCG.**

We are inspired, fuelled and renewed by nature; we build, grow, and prosper.



# Grow

1



Pre-soak/rinse seeds, if seed directions recommend it. Review the directions provided (or on other seed packages). Seeds for 3 full grow mats included.

2



Place Terrafibre grow mat in a grow tray, hemp fibre side up/white side down & sprinkle the seeds evenly over mat. Wet with pH neutral water until mat is saturated.

3



Stack trays to encourage high germination & strong rooting. Flip over lid when growth is +/- 1". Keep in darkness for first 1-4 days, ensure the area has good air flow.



# Grow

4



After 1-4 days darkness, remove stacking tray and place mat under a grow light or in direct sunlight min 8-10/hrs/day. Use humidity dome if needed.

5



Keep the grow mat saturated with water by spraying once/twice per day (or as needed). You may also "bottom water" in the tray. Do not overwater, and ensure area has good air flow.

6



When ready, harvest crop (use scissors) and enjoy your delicious greens! You may keep greens in the mat until ready to eat.



# *Growing the Future*

## WITH INDUSTRIAL HEMP

1. HEMP BY-PRODUCT



2. CANADIAN MANUFACTURED



4. 100% BIODEGRADABLE



3. HEMP GROWING MEDIA







## Common Microgreen Seed Crops

Easier Microgreen	Intermediate Microgreen	More Difficult Microgreen
Arugula	Anise	Amaranth
Bok Choy/Pak Choi	Celery	Basil
Broccoli	Coriander	Beets
Buckwheat	Dill	Chard
Cabbage	Fennel	Chives
Cauliflower	Fenugreek	Cilantro
Chia	Leek	Cress
Mustard	Peas	Experiment with lots of seed varieties! Look for seeds that are for microgreens, baby greens, or sprouting.
Endive	Spinach	
Kale	Sorrel	





Enjoy delicious, nutritious & tasty vegetables, herbs, wheatgrass, and greens from the comfort of your own home. Microgreens pack a nutritional punch! Microgreens are rich in antioxidants, potassium, iron, zinc, magnesium, copper and many more vitamins & minerals.

Enjoy as a salad or add to any of your favourite foods. Have fun!



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