



### General Instructions for growing wheatgrass, barleygrass, buckwheat greens, and sunflower greens

1. Fill a tray with about one inch of the compost mixture provided. Optionally, you can combine topsoil with the compost mixture to extend your supply of growing soil (mix one part topsoil with one part compost for best results) Sprinkle one handful of Azomite over the soil, evenly. Azomite is a trace mineral fertilizer that ensures the highest nutritional value of the plant you grow.
2. **Rinse one package of seed 2 or 3 times before you soak.** Place one package of pre-measured (2 cups) wheatgrass, barley grass, buckwheat or sunflower seed into a bowl and fill the bowl with water so that water completely immerses the seed. Soak the seed overnight. (8 to 12 hours in the winter – 6 to 8 hours in the summer – soak in refrigerator during hot part of summer.)
3. Drain off the water, and **rinse the seed well.** Put seed back into bowl without water. Cover with wet paper towel. Let sprout 24 hours. Plant the seed anytime during the next day. Plant the seed by gently spreading it evenly over the top of the soil, not buried in the soil.
4. Put four layers of paper towels on top of seed. Water right through the paper towels until the water drips from the bottom of the tray.
5. The value of the wet paper towels is that it keeps the root hairs of the seeds wet in areas where the air is dry. If the empty tray is placed on top of the seed, the seeds should be sprayed with water several times per day while under the tray. You can use bounty paper towels as they retain moisture well.
6. For the next three days, keep paper towels wet! **Important!** If paper towels dry out, the root hairs on the sprouts will dry out and the grass will not come up well. A piece of plastic can be laid over the paper towels to keep it from drying out too quickly. On the second or third day take the paper towels off and water the grass and then place the paper towels back on for one more day. If you have a compost pile, it is good to add this paper towels to the pile. It adds carbon and sweetens your compost.
7. When the grass is one to two inches tall, remove the paper towels and expose to indirect light. If it is extremely hot outside, put the tray in the shade. If you grow it inside the house, drain over your sink, and then put grass near a cool window. A cool but sunny place is ideal.
8. Water your wheatgrass, barley grass, buckwheat, or sunflower once per day until it drips from the bottom. (If you live in an extremely dry climate, it would be a good idea to water once per day even while the seed is under the paper towels.)
9. It is good to keep your wheat in a cool place. Sometimes in hotter climates wheatgrass and barley grass will show signs of mold near the roots. If you have problems with mold, cut what you are going to juice, put it in a big strainer or colander and power rinse the grass very well before you juice. Sometimes this will help eliminate the mold: Get some Real Salt from your health food store. Use 1 tsp. per 1/2 gal water. Water with this one time after you uncover. At times people have used 3% hydrogen peroxide. Put in spray bottle and spray roots as you uncover. If all else fails, we have a product called Mold Control on our website. Placing a slow fan directed towards your grass will help immensely.
10. Harvest the grass when it is six to seven inches tall. You can harvest only what you are going to juice at that time or you can harvest the whole tray. If you harvest the whole tray put it in a plastic bag and store in your refrigerator. It is good for one week in the refrigerator. When the weather is cooler, it is better to harvest as you juice. (If you have room, the whole tray can be put in the refrigerator.) Harvest the sunflower when it is about five inches tall and most of the seed shells have fallen off the sprouts. Sunflower greens are delicious in salad.
11. It takes very little wheatgrass per day to satisfy the nutritional needs of a normal person. One ounce is a good start if you have never had wheatgrass juice before. Gradually increase your daily intake until you find the amount with which you are comfortable. A typical person should increase the amount of grass juice they take by one ounce every two or three weeks up to a total of four ounces. Some people choose to remain at two ounces.

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12. Each tray of six-to seven-inch-tall grass will yield approximately 12 ounces of juice. Depending upon the amount you use, you will probably need to space your planting every five to six days. As you gradually use more, plant every three to four days.
13. When the full tray has been harvested, a mat composed of roots and soil will be left. This will make a wonderful addition to your compost pile. If you don't have one started, start one with the mats which are left from your grass and other greens. You can add other grass clippings to your compost pile if the grass in your yard has not been sprayed with chemical fertilizer, pesticides or herbicides. It is typically not a good idea to use fruit peelings, etc. in your compost as it causes fruit flies and also can kill earthworms if acidic. Earthworms can be added to the compost after the hot part of the summer has passed.

## Juicing Instructions

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1. When the grass is six to seven inches tall, it is ready to juice.
2. Use serrated kitchen knife. Cut the grass as close to the compost as possible.
3. Juice with the tip of the grass down.
4. Juice until you get one ounce or more, as needed.

## Juice Mixtures

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According to Ann Wigmore, wheatgrass juice should be taken straight or mixed with distilled water one hour before meals or two hours after. If it is hard to take plain, mix it with bottled apple or pineapple juice. Barleygrass juice can be mixed with all of the above. Both wheatgrass and barleygrass juice can be mixed with any fresh vegetable juices.

Here are some recipes taken from Elizabeth Baker's book, *The Uncook Book*:

**Celery-Wheatgrass:** 5 oz. celery juice, 1 oz. wheatgrass juice, 1 oz. distilled water

**Wheatgrass-Pineapple:** 4 oz pineapple juice, 2 oz. celery juice, 1 to 2 oz. wheatgrass juice.

**Vegetable Juice Cocktail:** 3 oz. carrot, 2 oz. celery, 1 oz. distilled water, 1 to 2 oz. wheatgrass juice.

**Lemon Green:** 2 oz. wheatgrass juice, 1 oz. lemon juice, 1 to 2 t. agave nectar, 4 oz. distilled water.

## Free Technical Support

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Please feel free to email us anytime at [support@wheatgrasskits.com](mailto:support@wheatgrasskits.com)

