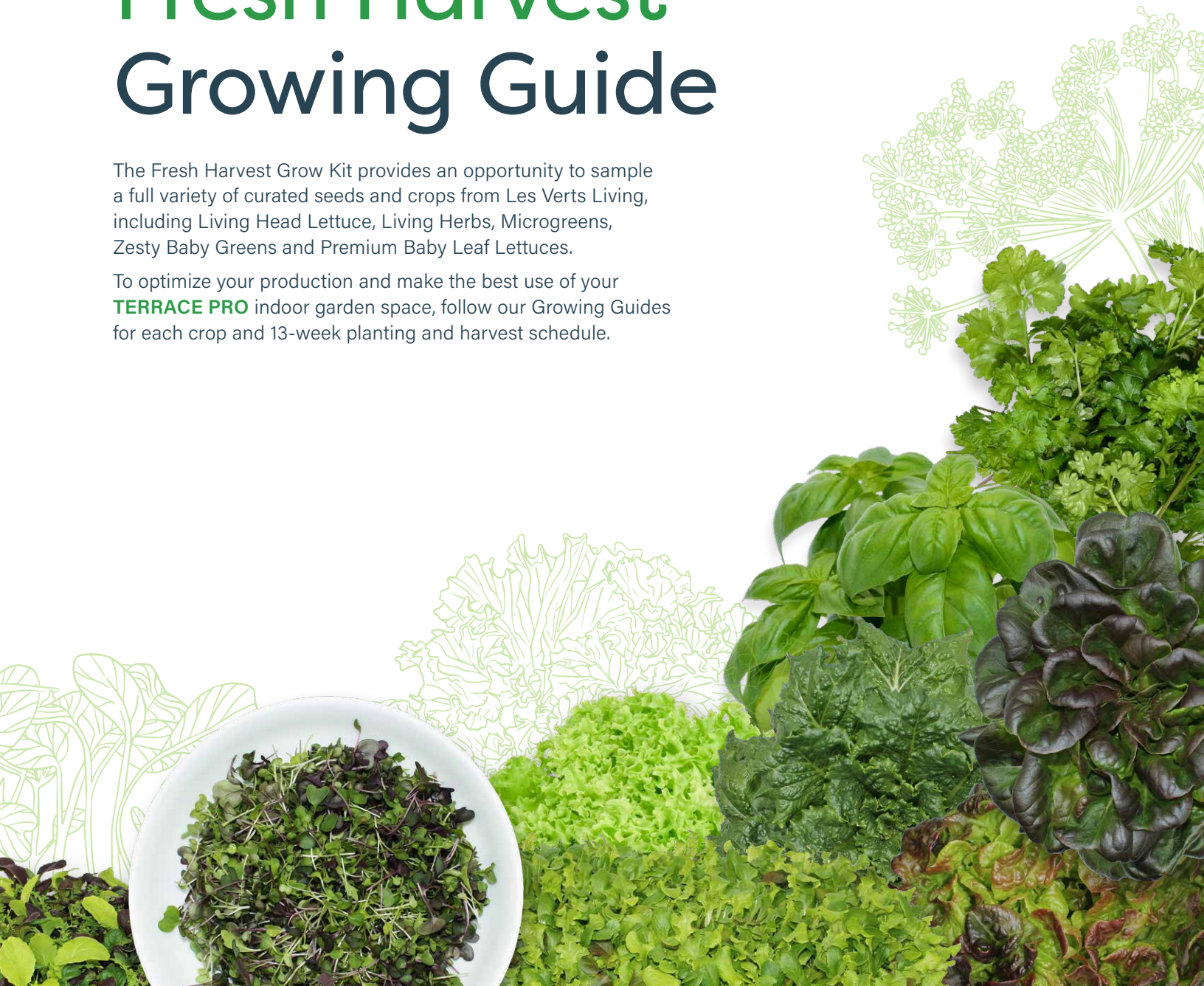




Fresh Harvest Growing Guide

The Fresh Harvest Grow Kit provides an opportunity to sample a full variety of curated seeds and crops from Les Verts Living, including Living Head Lettuce, Living Herbs, Microgreens, Zesty Baby Greens and Premium Baby Leaf Lettuces.

To optimize your production and make the best use of your **TERRACE PRO** indoor garden space, follow our Growing Guides for each crop and 13-week planting and harvest schedule.



Living Lettuce Planting Guidelines



Prior to planting, refer to your Recommended Grow Schedule to optimize lettuce production cycles based on your needs

1. You will need 1 Starter Plug for each seed.

Using a sharp knife or scissors, remove only the number of plugs recommended in the Grow Schedule from the Starter Plug sheet. You can keep the required number of Starter Plugs connected at this stage.

2. Place the Starter Plugs into the Starter Tray Insert, then place both items into the Starter Tray.

Fill the Starter Tray with potable water until the Starter Plugs are fully submerged.

3. Soak the Starter Plugs for 10-15 minutes, then drain the excess water.

TIP: Pelleted seed can be easily planted by hand. If you have unpelleted seed, you may need to use tweezers or small forceps to place each seed into the holes.

4. Plant one seed into each Starter Plug hole, then cover your Starter Tray with the Humidity Dome and place it on top of a Booster Tray in your **TERRACE PRO**.

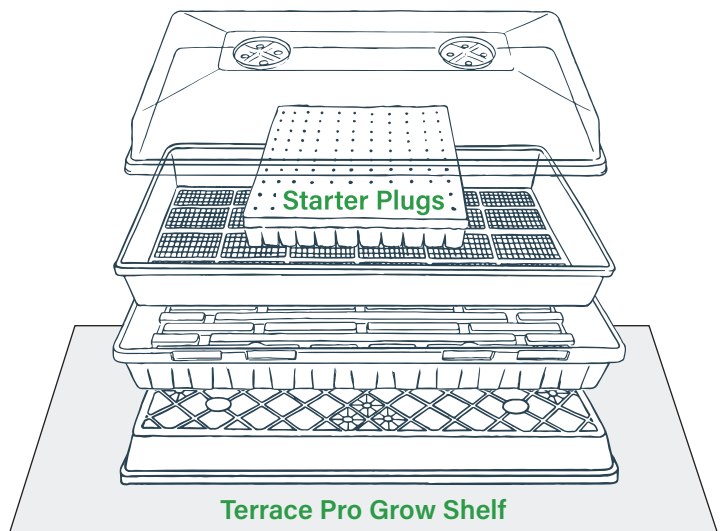
The Booster Tray will get your plants closer to the lights, which is important for germination and early seedling growth.

To plant your lettuce, you will need the following items from your Starter Kit:

- Starter Plugs
- Starter Tray Insert
- Starter Tray
- Humidity Dome
- Booster Tray
- 2 litre container with lid to hold your diluted Nutrient Solution
- And Lettuce seeds from your Grow Kit

You will also need:

- A pair of scissors or sharp knife (not included in your Kit)



Planting Guidelines CONT.

- Adjust your light schedule to 13.5 hours per day on and 10.5 hours off.



- Check every few days to make sure your seeds are germinating, and your Starter Plugs are staying moist.

If they start to feel only slightly damp to the touch, you will need to water them using a Diluted Nutrient Solution. You can make this solution in two ways using your Greens Growth Formula.

- If your **TERRACE PRO** Reservoir is already filled with Nutrient Solution, use a 50:50 water to Nutrient Solution ratio. This is your Diluted Nutrient Solution.
- If not, make up a 1L batch of Maintenance Nutrient Concentrate using the instructions from your **TERRACE PRO** Start-Up Guide. Add 40mL of the concentrate to 960mL of potable water. This is your Diluted Nutrient Solution.

- To water your Starter Plugs, lift the Tray Insert and pour some of your Diluted Nutrient Solution into the bottom of the Starter Tray.

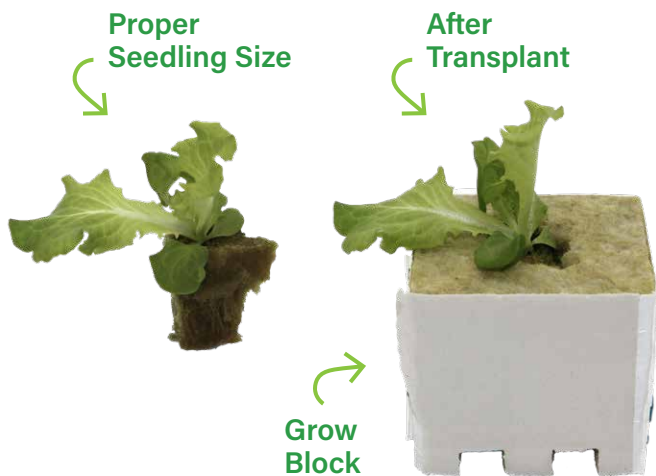
Fill just enough to soak the bottoms of the Starter Plugs once the Tray Insert is lowered back into the Starter Tray. Soak for 5 minutes then drain the excess solution from the Starter Tray.

- Replace the Humidity Dome but open the vents on top to allow some excess moisture to escape.
- Once your seedlings have sprouted above the top of the Starter Plug hole and you begin to see the cotyledons (or first pair of leaves), remove the Humidity Dome and place the Starter Tray Insert directly into the Grow Shelf of your **TERRACE PRO** where your Starter Plugs will now be watered according to your pump schedule.

This is typically around 12-14 days from when you planted, depending on your growing conditions. Your Humidity Dome, Starter Tray and Booster Tray can now be cleaned and set aside for your next batch.



Transplanting Guidelines



You will know it's time to transplant your Starter Plugs into the larger Grow Blocks once the lettuce seedlings are approximately 1-2" tall and you are seeing the first 2-3 true leaves (the first leaves after the cotyledons). This is typically 3-4 weeks from when you planted.

To transplant your lettuce, you will need the following items from your Grow Kit:

- Grow Blocks
1. Gently pull at the edges of the Starter Plugs to separate to separate each seedling.
 2. Place each Starter Plug into a Grow Block and gently press it in so that the Starter Plug is fully inserted and only the plant is sticking out from the top of the Grow Block.

3. Repeat for each Starter Plug that you wish to transplant, then place all of your transplanted Grow Blocks directly into the Grow Shelf of your **TERRACE PRO**.

Place your dry transplanted grow block directly into the Grow Shelf of your Terrace Pro and run your pump for 10 minutes to soak your grow block.

For optimal spacing, you can keep your Grow Blocks close together until the leaves of each plant start touching each other.

4. Once the plants in the Grow Blocks start touching each other, you will need to space them out in your Grow Shelf for the remainder of their growth cycle.

See below for a potential configuration that allows for up to 16 plants per Grow Shelf. You can adjust the spacing based on what works best for the specific varieties you are growing, so long as the plant leaves are not touching.



5. Adjust your light timer to 10.5 hours on and 13.5 hours off per day for the remainder of the growth cycle.



Harvesting Guidelines

You will know you're ready for harvest when your lettuce heads look full and are close to touching each other, approximately 6-8 weeks after initial planting. Harvest time will vary depending on growing conditions and your own preference for taste and appearance. We recommend experimenting to see what works best for you.

1. Before harvesting, temporarily turn off the **TERRACE PRO** lights and ensure that your pump is off while you complete your harvest.

TIP: Turning the lights off will help the plants realize it is time to harvest and their leaves will begin to get firmer more quickly.

Remember to turn the lights and pump back on if you have other produce growing in your Terrace Pro.

2. If you are giving away or selling your lettuce as a full living plant, you may wish to do a quick tidy-up on the plant and Grow Block.

Remove any dead or wilting leaves from the underside of the plant. Your Grow Block may have some algae on it, which is normal and completely safe for human consumption but can be unsightly to some. If you would like to remove it, gently wipe the sides of the Grow Block with a paper towel or cloth to remove what you can. Your plant is now ready to give away.

3. If you are choosing to cut your lettuce for consumption, cut the head from the stem at the top of the Grow Block to harvest the whole head of lettuce.

You can now discard the Grow Block – as it's not recommended for reuse.

4. Enjoy your beautiful Les Verts Living Lettuce and keep it fresh with our **Storage Tips**.



Living Lettuce

Herbs Planting Guidelines



To plant Herbs, you will need the following items from your Starter Kit:

- Mini-Blocks
- Starter Tray Insert
- Starter Tray
- Humidity Dome
- Booster Tray
- And Herbs seeds from your Grow Kit

1. Select the number of Mini-Blocks you'd like to grow.

You will use 5 seeds for each Mini-Block. We recommend starting with 30 Mini-Blocks (10 of each herb type) for your first planting.

2. Place the Mini-Blocks into the Starter Tray Insert, then place both items into the Starter Tray.

Fill the Starter Tray with potable water until the Mini-Blocks are fully submerged.

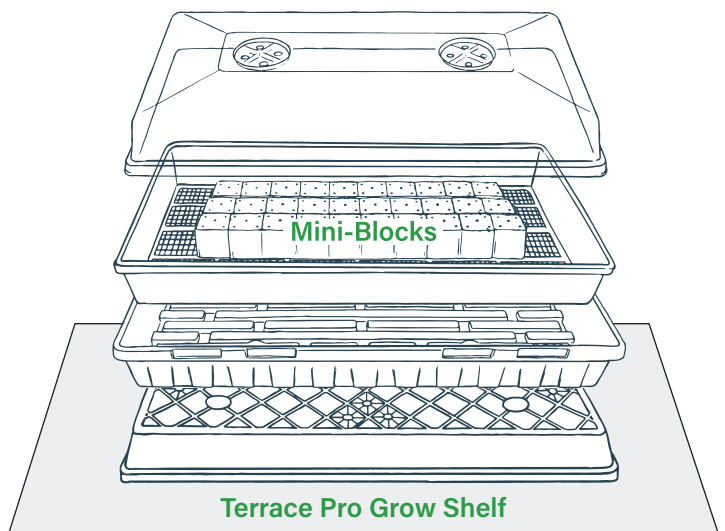
3. Soak the Mini-Blocks for 10-15 minutes, then drain the excess water.

4. Your Mini-Blocks come with 1 hole. If you would like to grow a recommended full bountiful block, you will need to poke 4 extra holes in the block near each of the 4 corners, about 1-1.5cm deep using the tip of a pen or pencil.

You may also just grow one plant per block if you prefer.

5. Plant one seed into each of the 5 holes and push with the back of a pen or pencil to ensure the seed is fully embedded.

Cover your Starter Tray with the Humidity Dome and place it on top of a Booster Tray in your **TERRACE PRO**. The Booster Tray will get your plants closer to the lights, which is optimal while they are young.



6. Adjust your light schedule to 12-13 hours per day, or however you've set your **TERRACE PRO** for other crops.



Watering Guidelines

1. Check every few days to make sure your seeds are germinating, and your Mini-Blocks are staying moist.

If they start to feel only slightly damp to the touch, you will need to water them using a Diluted Nutrient Solution. You can make this solution in 2 ways using your Greens Growth Formula.

- a. If your **TERRACE PRO** Reservoir is already filled with Nutrient Solution, use a 50:50 water to Nutrient Solution ratio. This is your Diluted Nutrient Solution.
- b. If not, make up a 1L batch of Maintenance Nutrient Concentrate using the instructions from your **TERRACE PRO** Start-Up Guide. Add 40mL of the concentrate to 960L of potable water. This is your Diluted Nutrient Solution.

2. To water your Mini-Blocks, lift the Tray Insert and pour some of your Diluted Nutrient Solution into the bottom of the Starter Tray.

Fill just enough to soak the bottoms of the Mini-Blocks once the Tray Insert is lowered back into the Starter Tray. Soak for 5 minutes then drain the excess water from the Starter Tray.

3. Replace the Humidity Dome but open the vents on top to allow some excess moisture to escape.

4. Once your seedlings have sprouted above the top of the holes of your Mini-Blocks and you begin to see the cotyledons (or first pair of leaves), remove the Humidity Dome and place the Mini-Blocks directly into the Grow Shelf of your **TERRACE PRO** where they will now be watered according to your pump schedule.

This is typically around 12-21 days from when you planted, depending on your growing conditions and crop. Optimal spacing is 5-6" apart, especially once the leaves start to touch each other. Your Humidity Dome, Starter Tray, Starter Tray Insert and Booster Tray can now be cleaned and set aside for your next batch.

Harvesting Guidelines

You will know when your plants are ready for harvest once they are full and 6-8 inches tall, approximately 5-7 weeks after initial planting. Harvest time will vary depending on growing conditions, the herb you are growing and your own preference for taste and appearance. We recommend experimenting to see what works best for you.

You can trim off the top 1/3 of your plant when harvesting and leave the plant in your **TERRACE PRO** for regrowth for up to a month. You can also transplant your herbs into a pot or garden outdoors once they are fully grown. Make sure to water consistently for the first week while the roots are coming out of the mini block and trying to establish in the soil (your plant may look wilted during this process). Once the roots are established treat as you would any other outdoor plant.



Micro/Baby Greens, Baby Leaf Planting Guidelines



NOTE: Optimal seeding rate varies with growing conditions. The more seeds you add, the denser the crop - but if seeded too densely, your plants may suffer. Your seed packet comes with a bit of extra seed so you can experiment to find the seeding rate that works best for your growing environment.

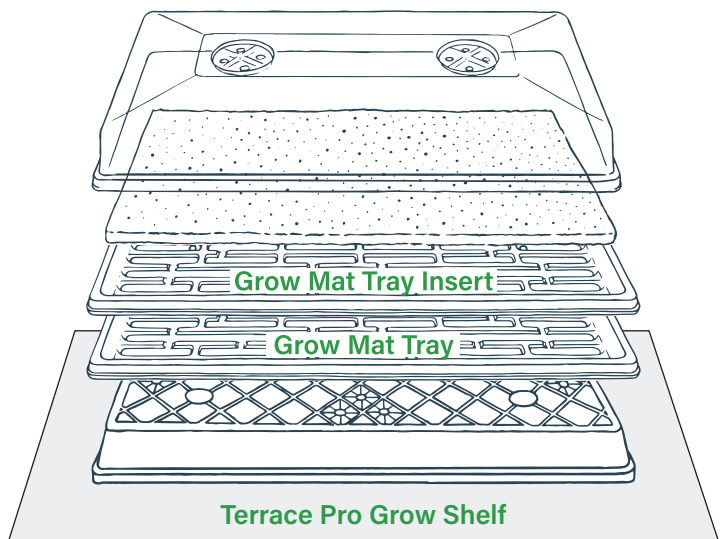
3. Use the seed amount for 1 Grow Mat as noted on your Seed Packet and evenly spread the seeds onto the damp Grow Mat, ensuring good coverage across the entire surface.
4. Gently press the seeds into the Grow Mat by inverting your Humidity Dome and applying gentle pressure across the entire surface of the Grow Mat.
5. Cover your Grow Mat Tray with the Humidity Dome and place it on top of a Booster Tray inside one of the Grow Shelves in your **TERRACE PRO**.

The Booster Tray will get your plants closer to the lights, which is optimal while they are young.

To plant your lettuce, you will need the following from your Starter Kit:

- Seeds
- Grow Mat Tray Insert
- Grow Mat
- Humidity Dome
- Grow Mat Tray
- Booster Tray

1. Place the Grow Mat inside the Grow Mat Tray Insert, then place both items inside your Grow Mat Tray.
2. Cover the Grow Mat with enough water to completely submerge it and let it soak for 15 minutes, then dump the excess water from your Grow Mat Tray.



6. Watch your greens germinate and begin to grow!



Watering Guidelines

1. You can make the Diluted Nutrient Solution in 2 ways:

- If your **TERRACE PRO** Reservoir is already filled with Nutrient Solution, use a 50:50 water to Nutrient Solution ratio. This is your Diluted Nutrient Solution.
- If not, make up a 1L batch of Maintenance Nutrient Concentrate using the instructions from your **TERRACE PRO** Start-Up Guide. Add 40mL of the concentrate to 960mL of potable water.

TIP: Be sure to agitate your jug before each use as some settling of the nutrients is expected.

2. Add 500 mL of Diluted Nutrient Solution to your Tray by carefully lifting one corner of the Grow Mat and slowly pouring it to cover the bottom of the Grow Mat Tray.

TIP: Watering your Grow Mat Tray from the bottom prevents disrupting the seeds and avoids getting Nutrient Solution on the leaves which can affect plant growth and taste.

3. Replace the Humidity Dome but open the vents on top to allow some excess moisture to escape.
4. Once cotyledons (the first pair of initial leaves) have emerged and roots have established, remove the Humidity Dome and Booster Tray and place your Grow Mat Tray directly into the Grow Shelf of your **TERRACE PRO** where it will now be watered according to the schedule.



Harvesting Guidelines

The table below provides an overview of when and at what stage you should plan to harvest your greens. Note that harvest periods will vary with growing conditions.

Crop	Harvest Period	Plant Stage at Harvest	Plant Height at Harvest
Microgreens	12-20 days	First set of true leaves	5-8 cm
Baby Greens	21 days	3-4 leaf stage	8-10 cm
Baby Leaf	28 days	3-4 leaf stage	8-10 cm






For best results, harvest plants with scissors or a sharp knife about 1 cm (½ inch) above the Grow Mat Surface. Minimize handling and rinse with cold running water just prior to eating for optimal freshness.

GROWING TIP: Damping off and other fungal pathogens can be a problem because of the tight spacing of the seeds. Be sure to use a new Grow Mat with each batch, do not overwater, and allow air to circulate around the seedlings.

Micro/Baby Greens, Baby Leaf

Fresh Harvest Recommended Grow Schedule

Each of the crops from the Fresh Harvest Grow Kits vary in their time from planting to harvest. The following table outlines the key activities and production time of each crop:

Crop	Crop Icon	Key Actions**	Total Time for Production*	Total Number of Harvests
Microgreens	 MG	● Start ● Grow ● Harvest	2-3 weeks	4 trays
Baby Greens	 BG	● Start ● Grow ● Harvest	3-4 weeks	2 trays
Baby Leaf	 BL	● Start ● Grow ● Harvest	3-4 weeks	2 trays
Lettuce	 L	● Start ● Grow ● Transplant ● Harvest	6-8 weeks	32 heads
Herbs	 H	● Start ● Grow ● Harvest	5-6 weeks	18 bunches

**Note that harvest timelines will vary depending on growing conditions and plant growth.*

***Your Grow Guides provide detailed instructions for each of these important growing activities.*

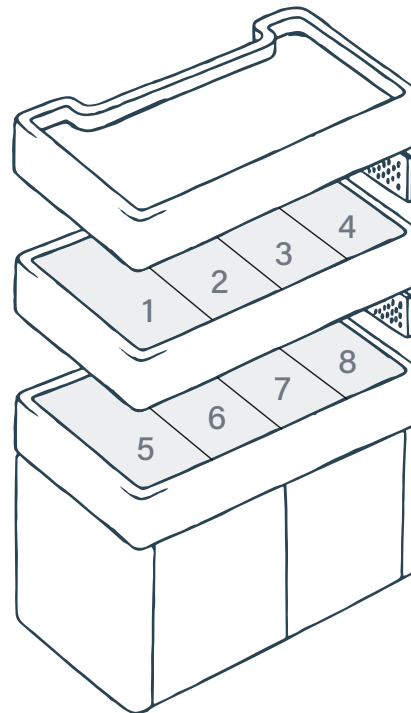
Optimizing your Fresh Harvest Grow Kit

Before you Start: Understanding your Growing Space

For the ease of illustration, your Terrace Pro is split into 8 Growing Slots. Each slot represents roughly a 10" X 20" space. The following Planting to Harvest schedule provides weekly instructions for each of the 8 Growing Slots – designed to optimize the growth of your Fresh Harvest Grow Kit and best utilize your growing space.

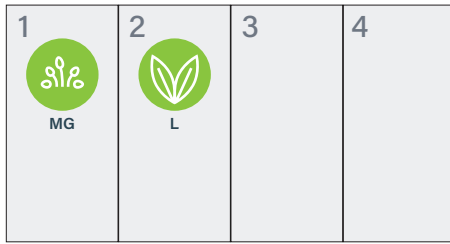
Getting Started – Ready to Grow?





While it is tempting to want to fill your Terrace Pro full of plants from day 1 (we know, we've been there), you will need to reserve some space for your mature plants that need more room to grow. You will notice that there are empty slots within the Planting and Harvest Schedule when you first start, but don't worry, these will fill in once your Living Lettuce and Living Herbs mature.



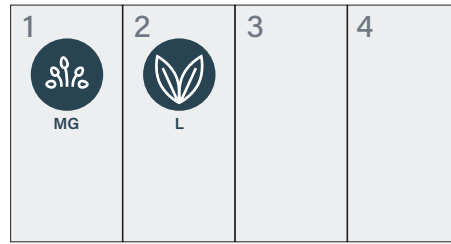
● Start
 ● Growing
 ● Transplant
 ● Harvest

Day 1

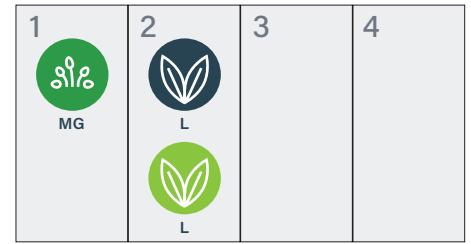




-  Start 8 heads - mix of varieties
-  Start 9 bunches - 3 of each type
-   Start

Day 7

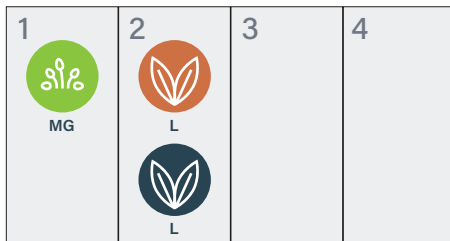




Day 14



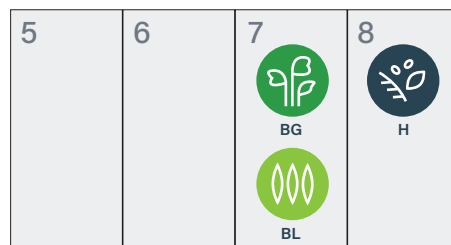
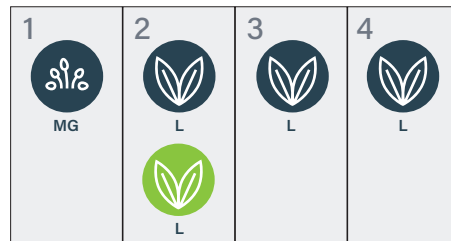
-  Harvest
-  Start 8 heads - mix of varieties





Day 21



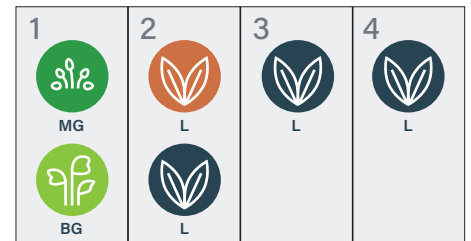
-  Transplant 8 into Grow Blocks (can still be kept close together)
-  Start




Day 28



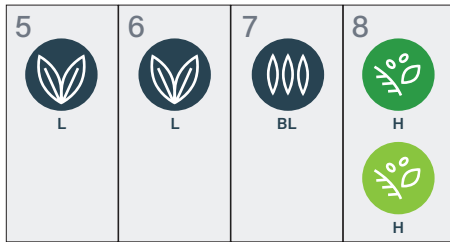
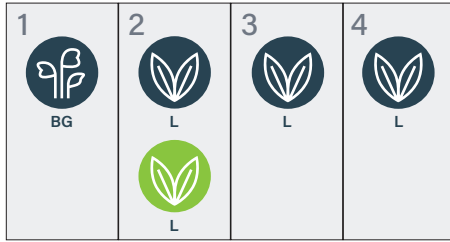
-  Move 4 heads from position 2 both into position 3 and into position 4
-  Start 8 heads - mix of varieties
-  Harvest
-  Start

Day 35



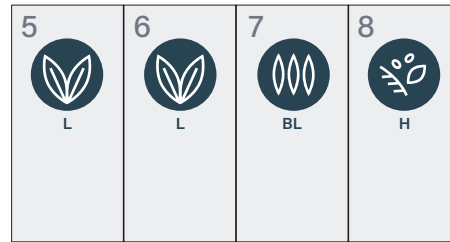
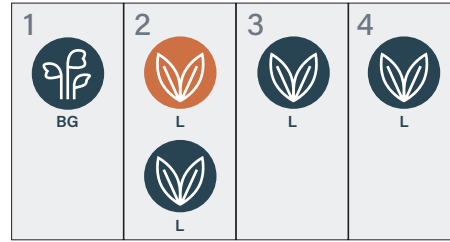
-  Transplant 8 into Grow Blocks (can still be kept close together)
-  Harvest
-  Start

Day 42



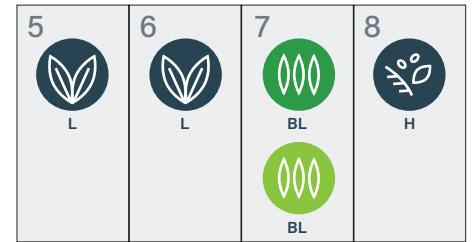
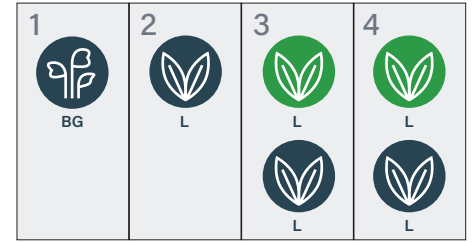
- Move 4 heads from position 2 both into position 5 and into position 6
- Start 8 heads - mix of varieties
- Harvest or pick as needed and continue to grow
- Start 9 bunches

Day 49



- Transplant 8 into Grow Blocks (can still be kept close together)

Day 56



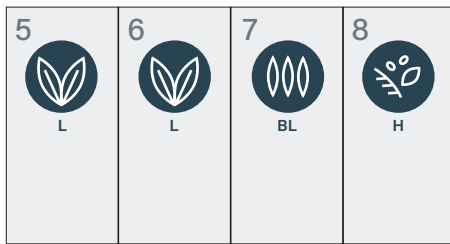
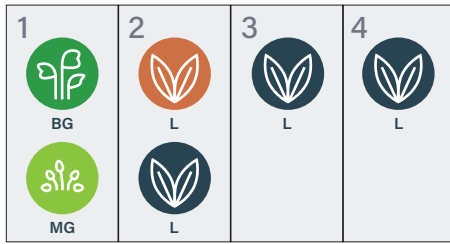
- Harvest 4 heads
- Move 4 heads from position 2 both into position 3 and into position 4
- Harvest
- Start






In order to continue producing gourmet greens with your Terrace Pro, you will need to re-order Grow Kits and refill your seeds and growing media stock. Visit www.lesverts.com for a full complement of replacement kits, including all the delicious items you've been growing to date.

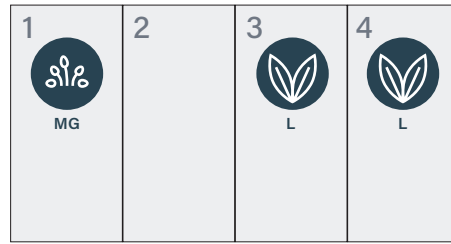
● Start
 ● Growing
 ● Transplant
 ● Harvest




Day 63



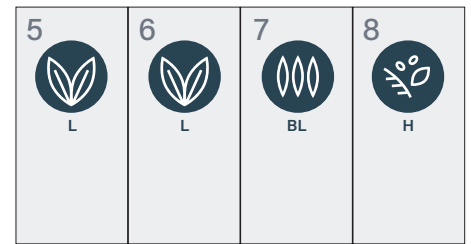
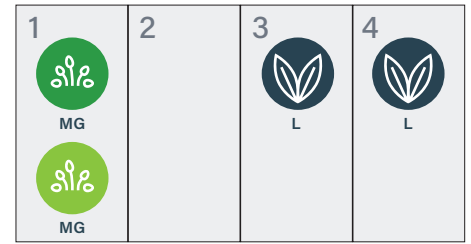
-  Transplant 8 into Grow Blocks (can still be kept close together)
-  Harvest
-  Start



Day 70



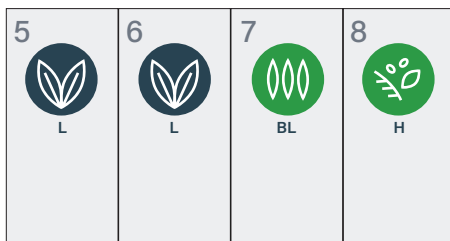
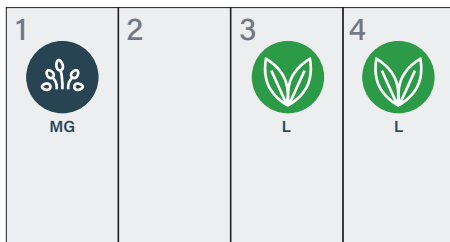
-   Harvest 4 heads
-  Move 4 heads from position 2 both into position 5 and into position 6




Day 77



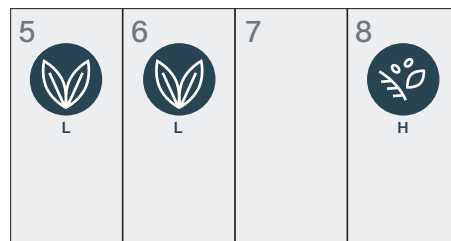
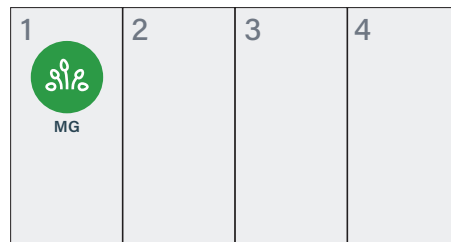
-  Harvest
-  Start

Day 84



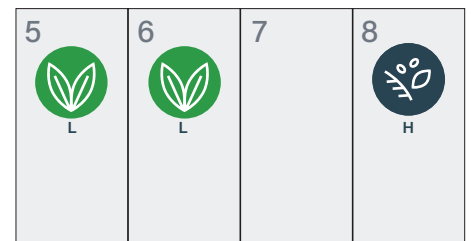
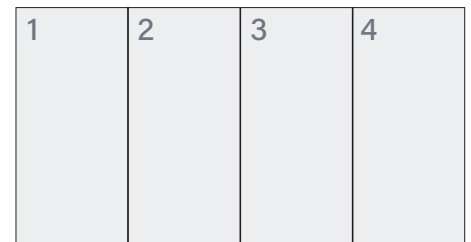
-   Harvest 4 heads
-  Harvest or pick as needed and continue to grow

Day 91



-  Harvest

Day 98



-   Harvest 4 heads

Having any growing pains?
 We're growers too and always here to help.

Contact us at growhow@lesverts.com for support.

Grow Schedule

Glossary

Name	Description
Booster Tray	Inverted tray used to lift seeded crops closer to lights and away from Nutrient Solution
Greens Growth Formula	Custom-designed three part mix of plant nutrients required for healthy plant growth and optimal leafy green production
Grow Blocks	For lettuce after transplanting
Grow Kits	Seeds, nutrients and growing media for growing with your indoor garden
Grow Shelf	2' by 4' tray - 1 per level
Humidity Dome	Vented clear plastic lid used to aid seed germination
Mini-Block	Growing media for herbs - Full cycle
Starter Plug	Growing media for lettuce germination
Starter Tray	Plastic Tray without holes used for growing Living Lettuce and Herbs during early growth stages
Starter Tray Insert	Plastic Tray with holes used for growing Living Lettuce and Herbs during early growth stages
Grow Mat Tray	Low profile plastic tray without holes used for growing Microgreens, Babyleaf and Babygreens on a Grow Mat
Grow Mat Tray Insert	Low profile plastic tray with holes used for growing Microgreens, Babyleaf and Babygreens on a Grow Mat

