

Terrace and Terrace Pro Indoor Garden Systems

Growing Guide for Micro/Baby Greens, Baby Leaf

Use this easy-to-follow guide from planting through to harvest to optimize production.

Planting Guidelines

Humidity Dome

Booster Tray

Grow Mat Tray Insert



To plant your lettuce, you will need the following:

- 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.

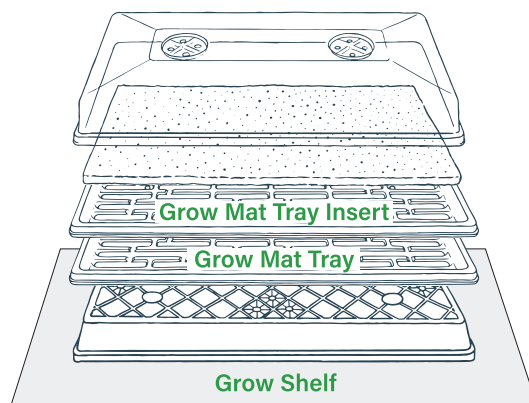
NOTE: We recommend sanitizing your microgreen seeds prior to planting for optimal performance and safe consumption. Mix 1 tbsp of 3% Hydrogen Peroxide with 2 tbsp tap water and soak seeds for 10 minutes, then drain.

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 (holes should remain closed), and place it on top of a Booster Tray on one of the Grow Shelves in your System.

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



6. Watch your greens germinate and begin to grow!

Micro/Baby Greens, Baby Leaf

Watering Guidelines

1. To promote quick and even seed germination, maintain a thin layer of moisture in the bottom of your 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.

2. 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 INSERT (the one with the holes), directly onto the Grow Shelf 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.*



To optimize production, please refer to our [online Planting and Harvest Calendar](#)

