

Planting, Growing, and Cultivation Guide

Seed	Planting Amounts	Dome On Length	Grow Time	Watering Schedule	Weight Per Flat
Malt Amaranth	2 tsp	2-3days	2 weeks	1 every 4 days	95g
Pepper Arugula	1 tsp	2-3 days	3 weeks	1 every 4 days	145g
Bright Basil	1 tsp	2-3 days	4-5 weeks	1 every 5 days	235g
Crimson Beet Tops	½ cup	2-3 days	2 weeks	1 every 4 days	135g
Mighty Broccoli	1 tbsp	2-3 days	1 week	1 every 4 days	260g
Rustic Buckwheat	½ cup	2-3 days	1 week	1 every 3 days*	415g
Crunchy Cabbage	1 tbsp	2-3 days	2 weeks	1 every 4 days	160g
Delicate Chervil	2 tbsp	8-10 days	3 weeks	1 every 4 days	140g
Mild Chives	2 tbsp	4-7 days	2 weeks	1 every 4 days	80g
Fragrant Cilantro	¼ cup	8-10 days	3 weeks	1 every 4 days	135g
Citrus Dill	1 tbsp	4-7 days	3 weeks	1 every 4 days	110g
Maple Fenugreek	¼ cup	2-3 days	2 weeks	1 every 4 days*	200g
Nutty Flax	1 tbsp	2-3 days	2 weeks	1 every 4 days	85g
Power Kale	1 tbsp	2-3 days	2 weeks	1 every 4 days	200g
Earthy Komatsuna	2 tsp	2-3 days	2 weeks	1 every 4 days	200g
Tangy Lemon Balm	2 tsp	8-10 days	4 weeks	1 every 4 days	95g
Robust Lentils	½ cup	2-3 days	1 week	1 every 4 days*	180g
Crisp Lettuce	1 tbsp	4-7 days	3 weeks	1 every 4 days	65g
Aromatic Marjoram	1 tsp	4-7 days	4 weeks	1 every 4 days	40g
Piquant Mizuna	1 tbsp	2-3 days	2 weeks	1 every 4 days	124g
Sharp Mustard	1 tbsp	2-3 days	2 weeks	1 every 4 days	200g
Wasabi Nasturtium	½ cup	4-7 days	1-2 weeks	1 every 4 days*	290g
Wild Oregano	1 tsp	4-7 days	4 weeks	1 every 5 days	30g
Fresh Parsley	1 tbsp	4-7 days	3 weeks	1 every 4 days	168g
Sugar Pea	1 cup	2-3 days	2 weeks	1 every 4 days*	300g
Amber Pea	1 cup	2-3 days	2 weeks	1 every 4 days	300g
Zesty Pepperpress	1 tbsp	2-days	2 weeks	1 every 4 days	140g
Indigo Radish	3 tbsp	2-3 days	1 week	1 every 4 days*	340g
Spicy Radish	2 tbsp	2-3 days	1 weeks	1 every 4 days*	300g
Woodsy Sage	2 tbsp	2-3 days	2 weeks	1 every 4 days	85g
Umami Savory	1 tbsp	2-3 days	2 weeks	1 every 5 days	35g
Licorice Shiso	2 tsp	2-3 days	2-3 weeks	1 every 4 days	128g
Tart Sorrel	2 tsp	2-3 days	2 weeks	1 every 4 days	92g
Ruby Veined Sorrel	1 tsp	4-7 days	2-3 weeks	1 every 4 days	165g
Hearty Sunflower	1 cup	2-3 days	1 week	1 every 4 days*	380g
Bold Swiss Chard	½ cup	4-7 days	3 weeks	1 every 4 days	134g
Bangkok Basil	1 tsp	2-3 days	4-5 weeks	1 every 5 days	235g
Minty Thyme	2 tsp	4-7 days	4 weeks	1 every 5 days	50g
Sweet Wheatgrass	1 cup	2-3 days	1 week	1 every 4 days*	258g

*Soil-free option - When using soil-free grow mats, change the watering cycle to “once per day”.

Note: if planting multiple varieties on the same level, set watering to “once per four days.”

Note: Do not mix soil-planted and soil-free mats on the same level.