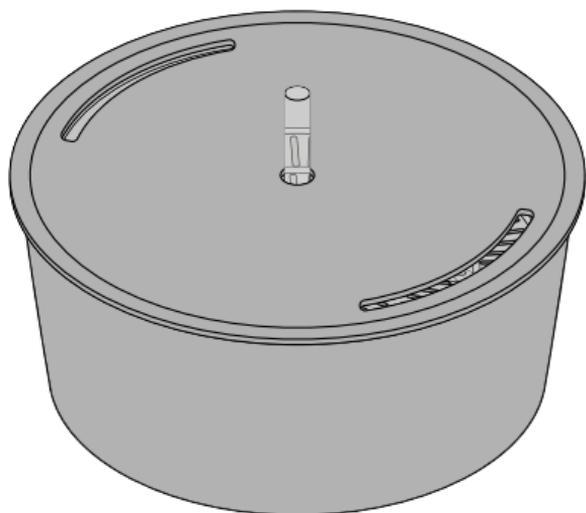




Growing kit for shoots & microgreens

en Instructions for use



Dear Customer

Shoots and microgreens contain large quantities of vitamins, minerals and antioxidants. They taste very similar to the fully grown plants or their fruits.

We are sure you will have fun and enjoy a good harvest!

Your Tchibo Team

Important information

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage.

Keep these instructions for future reference. If you give this product to another person, remember to also include these instructions.

Intended use

For growing shoots or microgreens - e.g. cress, mustard, rocket, basil, nasturtiums, kohlrabi, beetroot seeds, etc.

We recommend using organic quality seeds that are intended for this type of cultivation. Shoots can be grown directly in water, microgreens require a layer of soil or fleece for cultivation.

Consult the information on the seed packaging for instructions.

The product is designed for private use and is not suitable for commercial purposes.

Danger to children

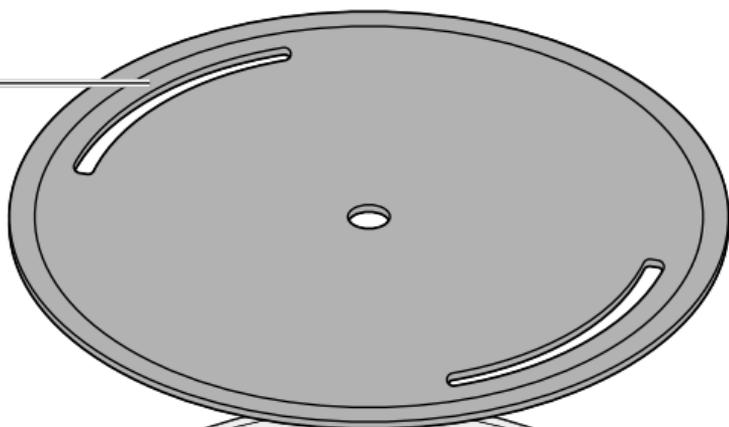
- Keep all parts of the product away from small children.
- Supervise children under the age of 8 years old when using this product.

Caution - risk of damage to health

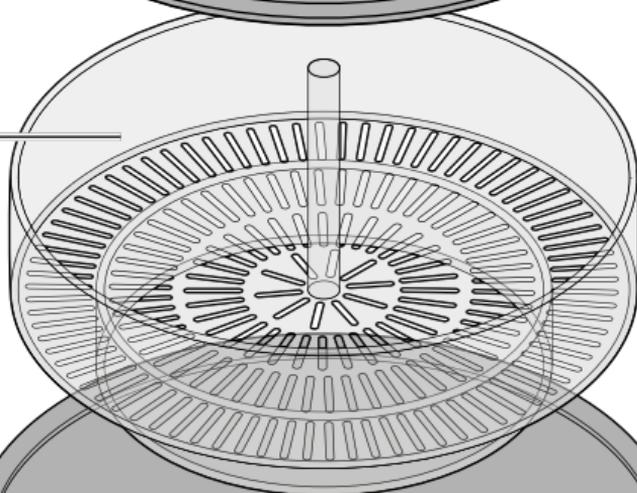
- If mould appears, dispose of the entire contents and clean the product thoroughly (see chapter "Cleaning after use").

At a glance (contents)

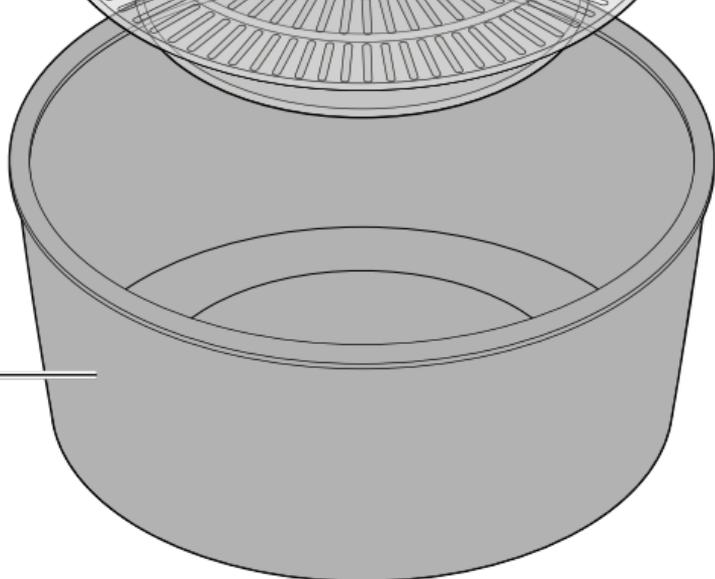
Lid



Sieve



Tray



Prior to first use

- ▷ Clean the tray and sieve thoroughly with warm water and a little washing-up liquid before using them for the first time.

Important information on sowing and care

- Shoots and seedlings are very susceptible to mould. It is therefore essential to apply fresh water to the seedlings and roots regularly.
 - If mould occurs, you must dispose of all the seedlings and clean the sieve thoroughly to avoid adverse health effects.
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Shoots and microgreens

Microgreens are young, edible seedlings, and not to be confused with shoots. Shoots can be harvested after approx. 3 - 7 days, microgreens after approx. 6 - 10 days. During this time, the plants will feed off their own nutrients, water and light. Microgreens can be grown indoors all year round.

Cress, mustard, rocket, basil, nasturtiums, kohlrabi, beetroot and similar seeds are suitable for growing as shoots or microgreens. We recommend you use organic quality seeds that are intended for this type of cultivation.

Some seeds have to be soaked before they can be used for growing. Consult the information on the seed packaging for instructions.

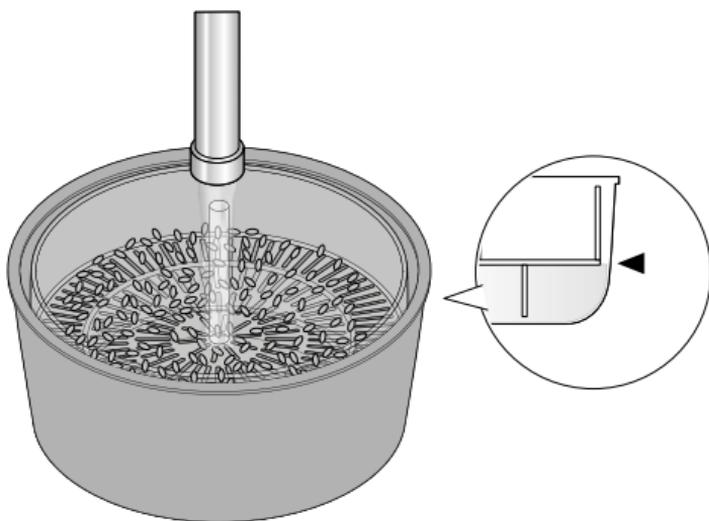
 The ideal temperature for germination and growth is between +18 and +24 °C.

Growing shoots

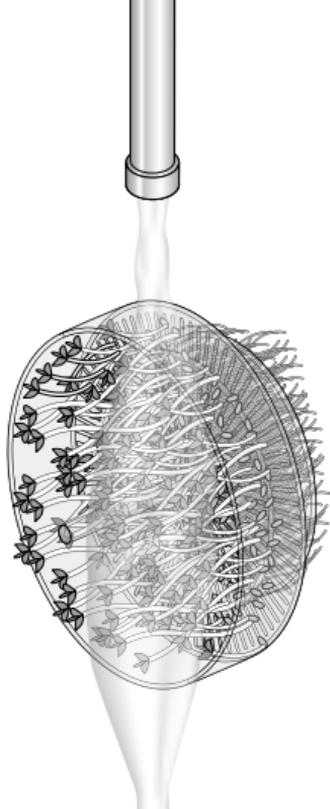
▷ We recommend placing a piece of paper towel in the sieve.



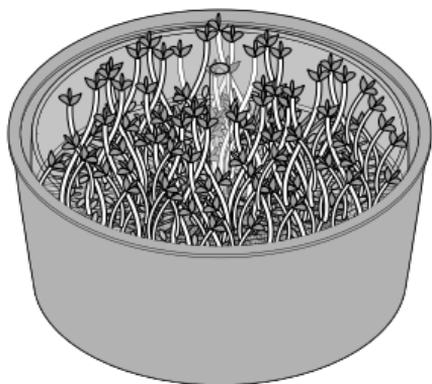
1. Distribute the seeds evenly over the sieve in a thin layer - one at a time - and then soak them well under running water.
2. Carefully place the sieve with the seeds on the tray.



3. Pour lukewarm water into the tray to just below the sieve and place the tray in a dark place at room temperature until germination (one to two days).
Protect the seeds from drying out during this time by covering the tray with the lid .



4. From the second day, when the seedlings have taken root through the sieve, water the seedlings and roots on the sieve generously with running water twice a day and ensure that the water in the tray is kept fresh.



5. After three days, place the tray - without its lid - in a warm place with plenty of light, but not in direct sunlight, so that the seedlings can continue to grow.
6. After approx. five to eight days, you can harvest the young plants or shoots and enjoy them on sandwiches, in salads, with meat or fish, in smoothies, etc.

Growing microgreens

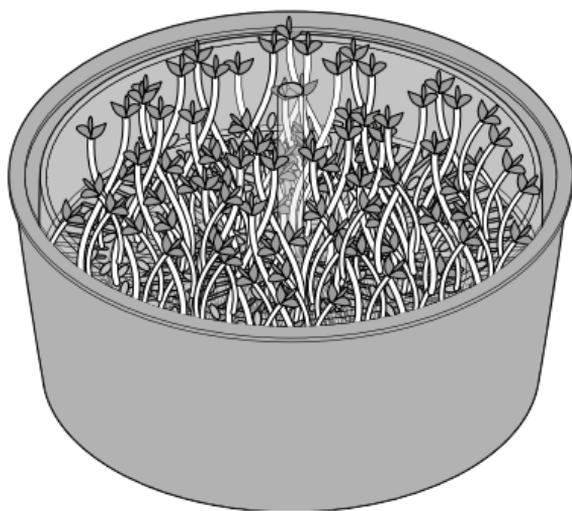
1. Place a piece of paper towel in the sieve.
 2. Spray the paper towel with water to ensure it is well moistened.
 3. Then, distribute about a teaspoon of seeds evenly over the paper towel.
 4. Finally, put the lid on.
 5. Spray the seeds about 2 to 4 times a day.
The paper towel should always be kept moist.
 6. For the first few days, every time you spray the seeds, replace the lid. As soon as the plants reach the rim of the sieve, leave the lid off. Continue to spray the plants two to four times a day.
 7. Place the growing kit in a bright but not too sunny place, preferably by a window facing east or west.
 8. From about the sixth to the tenth day, the plants will be ready for consumption. We recommend cutting them off approx. 1 cm above the paper towel.
- ▷ The plant residues can be composted or disposed of in the organic waste bin.

Cleaning after use

- ▷ Leave the used sieve to soak in water for a while before scraping off any remaining seedlings.
- ▷ After use, wash the sieve, tray and lid thoroughly by hand.

The product is not dishwasher-safe.

- ▷ Allow the product to dry completely before putting it away and store it with the lid off.



Made exclusively for:

Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany

Product number:
719 259