

How to Grow Wheatgrass Summary

1. Soak seeds 8 - 12 hours (try to use purified water when soaking, tap water is OK).
 - A. After soaking, rinse seeds several time thoroughly
2. Sprout seeds 6 - 24 hours, or until small tail appear.
 - A. Rinse seeds throughout the sprouting time. Ex. before work, after work, bedtime.
 - B. You can never rinse too much; more rinse, faster sprouting!
3. Plant seeds on top of the soil.
 - A. Soil could be obtained from The Home Depot, "Supersoil" or Lambert.
 - B. Whatever soil is used, mix one part peat moss to three parts soil. (above do not need it)
 - C. Cover soil with seed, all seeds touching each other, one layer thick.
4. Water once a day, "heavy" or until tray starts to drip.
 - A. First three days water heavy but gently as not to disturb seeds.
5. Cover seeds during germination period (first three or four days).
 - A. Mist seeds when at home every three or four hours.
 - B. Keep seed covered with an empty planting tray until grass forms.
 - C. If working, mist when home and before bed.
 - D. Seed needs to be kept wet not necessarily dark.
6. Let grow in the in-direct sunlight until blade of grass splits.
 - A. Winter time 10 - 14 days; summer time 7 - 10 days.
 - B. There is no set height the grass should be, just watch for the second shoot.
 - C. Air circulation is very important!
 - (1) Open a window near grass.
 - (2) Have fan blowing around grass throughout the day.
7. Harvest grass all at once, split grass needs to be cut within a day or two of its jointing stage.
 - A. Cut grass will last one week in the refrigerator.
 - B. Stored in "Evert Fresh" bags, grass will last up to 14 ays n refrigerator.
8. A second growth will appear and can be used for animals. Please note that the second growth is not as nutritious as the first; it has lost 50 - 75% of nutritional value.