

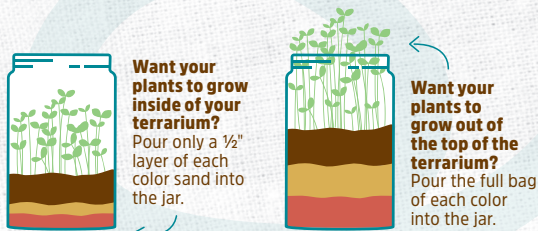
## WHAT'S INCLUDED?

- 1 reusable terrarium jar
- 1 packet of organic microgreens  
(Our 'Mighty Mix' includes Broccoli, Cabbage, Kale, and Kohlrabi seeds!)
- 2 bags of colored sand (red and yellow)
- 2 decorative sticker sheets
- 1 expandable organic soil puck



## SETUP INSTRUCTIONS

- 1 Rinse your terrarium jar with water and let dry.
- 2 Choose your growing style and pour sand (red first, then yellow).



- 3 Place your organic soil puck into a separate bowl and add ⅓ cup water. Your puck will slowly expand (how cool is that?!). If your puck isn't fully expanded, add 1 tablespoon of water at a time till it's all fluffy.



- 4 Add ~1" of the wet soil on top of your sand.

- 5 Open your seed packet and sprinkle all of your seeds on top of the soil. Use your finger to gently push seeds ¼" underneath soil. Add 2 tablespoons of water on top to make sure your seeds are wet.



## DECORATING

Once you've planted your seeds, it's time to decorate your terrarium! You have some stickers for things that go **above the ground**, some that go **on the ground**, and some that go **below the ground**. Go ahead and get creative! *p.s. some glow in the dark, too!*



## WATERING

**Days 1-2:** Make sure your soil stays moist – add extra tablespoons of water if you see it drying out. For best results, cover your jar with a wet paper towel to keep moisture in.

**Day 3:** Remove the covering and you should see little sprouts starting to grow – those are your microgreens coming to life!

**Days 3-Harvest:** Add 2 tablespoons of water per day to your terrarium. You may need to add an extra tablespoon if it's hot where you live.

## ACTIVITIES CHALLENGE

As your terrarium grows, be sure to tackle all five of the fun activities on the back!

## GROW ONE, GIVE ONE!

Share a pic of your terrarium and we'll donate a kit + STEM curriculum to a classroom of your choice!

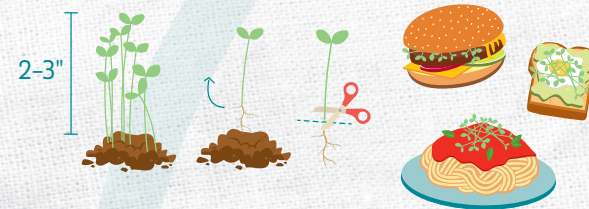
📷 📱 📧 TAG:  
**@backtotheroots**  
**#GrowOneGiveOne**



Keenan - San Diego, CA

## HARVESTING

Between Day 7 and Day 10 your microgreens should be ready to harvest! When they're ready (~2-3" tall), just pull them directly out of the soil one by one. Be sure to cut off the roots before you eat, and give them a thorough rinse under cold water. Add your microgreens onto your favorite sandwich, pasta, or burger – they'll help make you strong, and they taste great! Check out our website for our favorite recipes.



## KEEP GROWING!


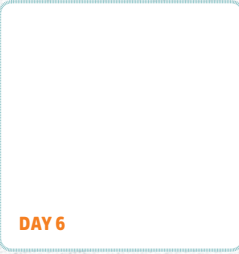

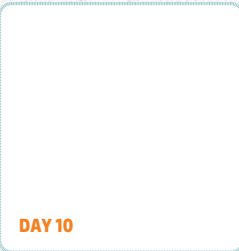
- Want to keep your terrarium growing?** Keep your terrarium jar and get refill microgreen seeds & soil at [backtotheroots.com/refill](http://backtotheroots.com/refill)
- Or try growing other plants like tomatoes, mushrooms, and sunflowers!** Your parents can use code **GROWMORE** to take 25% off any other kits on our website.



# ACTIVITIES:

## 1. DAY-TO-DAY OBSERVATION LOG

Each day, draw a picture of what's going on in your terrarium and write in the height of your plants. Describe what you see — what is changing? What is staying the same? Do you see the seeds germinating? Do you see roots growing? New leaves forming?

 <p>DAY 3</p>	 <p>DAY 6</p>
 <p>DAY 8</p>	 <p>DAY 10</p>

## 2. PLANT LESSON: WHAT ARE MICROGREENS?

Microgreens are the tiny, edible shoots grown from plant seeds that are picked about 7-10 days after germination. All of your favorite leafy vegetables and herbs can be grown as microgreens — spinach, lettuce, basil, cilantro, and more! Most microgreens only get about 2 to 4 inches tall before they are ready to be harvested — they really are micro!



**SPROUT** 2-4 days    **MICROGREEN** 7-10 days    **BABY** 2-3 weeks    **ADULT** 1-2 months

### EASY TO USE

Because microgreens are small and versatile, they can be used in ways that their fully grown versions can't! You wouldn't put a whole head of broccoli in a smoothie, would you? But you can certainly add broccoli microgreens!

### PACKED WITH NUTRIENTS

Microgreens may be small, but they pack up to 40 times more nutrients by weight than their fully grown counterparts!

## 3. ROOT RACE

As your plants start to grow, you will see roots making their way through the soil and sand! Choose two roots you see growing and trace them with a colored marker on your jar. Keep checking back to see which one wins the race to the bottom!



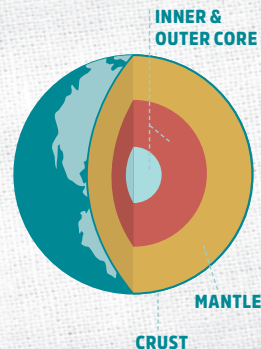
## 4. THE EARTH'S LAYERS & WHY ORGANIC MATTERS

When you were layering the sand and soil inside your terrarium, you were actually creating a little version of the Earth's layers! And did you know that the nutritious topsoil we grow all of our food on is only 1-2 feet thick?! This soil is part of a 5 mile thick rocky crust that sits on top of an 1800 mile thick layer of rock called the mantle and a 2200 mile thick iron core!

This is why organic farming is so important — we only have a teeny tiny bit of soil to grow all of our food on, and by keeping it organic we can keep it safe and healthy for many more generations to come.

### ACTIVITY:

Ask an organic farmer at your local market about what they do to keep their soil healthy.



## 5. SOIL IS ALIVE!

Did you know that what makes healthy soil so good to grow food in are all the bugs, decomposing plants, and mushroom roots below the ground? Mushroom roots ("mycelium") actually help connect plants together underground ... they are like nature's internet!

### ACTIVITY:

While your terrarium grows, explore and dig around the soil near you — do you see mushrooms on the ground, or any worms or bugs in the soil?



# BACK TO THE ROOTS

# ORGANIC TERRARIUM KIDS GROW KIT

Discovery Booklet



Design & grow your own ecosystem in just 7 days!

Questions along the way? [www.backtotheroots.com/contact](http://www.backtotheroots.com/contact)