



Step 1.

Lay your ReNu Terra mat flat in a 1020 tray with holes or mesh bottom and rinse through, by top watering, spray the mats from the top until fully saturated and evenly wet.

Step 2.

Sprinkle seeds evenly across the mat and mist them with water, then cover the tray to keep them moist while they germinate.



Step 3.

When the seeds are germinated, remove the lid and start providing at least 12 hours of light per day to your microgreens; you can use LEDs or place your tray in a bright window or greenhouse.

Step 4.

Water your microgreens at least once from the bottom by either using an ebb-and-flow irrigation system or by dipping the tray with the mat in it into a solid tray with water.



Step 5.

When your microgreens are ready, harvest them by cutting them about 1 inch from the mat using garden scissors or electric shears. We recommend harvesting them all at once and keeping them refrigerated until consumption.



Have any questions about this guide? We're here to help.

Contact us at: wecare@re-nuble.com or +1 (646) 266-9775 | Business Hours: Mon-Fri. (10-5 pm EST)