

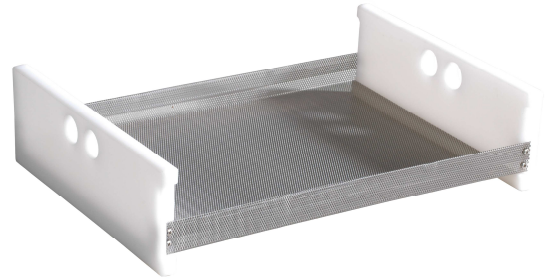
Cultivation box „K“

Instructions for an easy growing without soil

ESCHENFELDER
Qualität für ein gutes Leben

The cultivation box „K“ is especially developed

- for all sticky seeds such as cress, rocket, mustard seeds, chia und linseed
- for all other small seeds and buckwheat



Use about 80-100 g seeds, resp. about 160 g mustard seeds.

Soaking and spreading the seeds:

Sticky seeds: Stir the seeds in a bowl of water for about 15 minutes until the seeds combine through the formation of slime. Place the seeds evenly on the sieve with a knife or a spatula. Mind that the layer is not too thick.

Non-sticky seeds: Soak the seeds for 8 hours in the Eschenfelder sprouting glass or in a bowl, then spread them evenly on the sieve.

Leave the seeds covered:

First 2 to 3 days: Put the sieve in the box and cover it (f. e. with the Eschenfelder cover lid). This prevents the seeds from drying out and keeps them darkened. The seeds should be kept moist: Sprinkle them twice a day with a spray bottle or water them carefully.

Removal of lid:

After 2 or 3 days the young plants get a hold on the sieve, with the roots below and the seedlings above. Now the lid should be taken away so that the sprouts may develop green leaves. The sieve defines an ideal distance to the bottom of the box, so that the roots may develop unimpeded.

Rinsing the sprouts:

Rinse the seedlings thoroughly twice a day: Either 1.) Fill the box with water, leave it a bit and then pour the water away. Or 2.) Dip the sieve into the Eschenfelder rinsing box to save water. Or 3.) Take the sieve out of the box and rinse seedlings and roots under running water. Carefully shake off the water and finally place the sieve in the box. Mind that no water remains in the box. Usually the water that is saved between the roots from rinsing is enough to take the sprouts through the day. Check the sprouts to keep them moist.

Harvest:

After 6 - 8 days you can simply pull out the plants with the roots and enjoy the delicious and fresh sprouts!

Cleaning:

Soak the sieve in lukewarm water for a few minutes, scrape the remains off with a knife or a spatula, top and bottom of the sieve. Then put the sieve in the dishwasher or wash it thoroughly. The sieve is made of stainless steel, box and side parts of polyethylene.

We wish you a lot of pleasure with the cultivation of sprouts and “bon appetite!”

Alle Herzen dankt mit Eschenfelder Team