

TAKE  
control  
OF YOUR  
FOOD

# SEEDSHEET CAPRESE KIT

WE'RE HERE TO HELP YOU TURN YOUR  
STOOP OR DECK INTO YOUR OWN  
PERSONAL FARMERS MARKET!

1



REGISTER YOUR SEEDSHEET FOR  
HELPFUL PERSONALIZED TIPS THAT  
WILL BE TEXTED TO YOU! SIMPLY  
TEXT "CAPRESE" TO:  
1-518-310-4927, OR GO TO:  
[WWW.SEEDSHEETS.COM/REGISTER](http://WWW.SEEDSHEETS.COM/REGISTER)

2



FILL UP YOUR BLUE FABRIC CONTAINER  
TO THE BRIM WITH A MOIST  
HIGH-QUALITY POTTING SOIL MIX.  
GENTLY PAT THE SOIL WITH YOUR HAND  
SO THE SURFACE IS FLAT AND EVEN.  
PLACE THE SEEDSHEET  
SEED-SIDE-DOWN ON THE SURFACE  
AND SECURE WITH INCLUDED STAKES.

3



SCREW THE INCLUDED GREEN WATERING  
NOZZLE ONTO A WATER BOTTLE. 1 LITER  
SELTZER BOTTLES WORK GREAT, AND IF  
YOU DON'T HAVE ONE, GO DRINK SOME  
SELTZER!  
**\*IMPORTANT\*** PLANT YOUR SEEDSHEET  
WITHIN THE RECOMMENDED PLANTING  
TIME ON THE BACK OF THE PACKAGING

4



TO WATER YOUR SEEDSHEET FOR THE  
FIRST TIME, FIRST PLACE THE FULL  
FABRIC CONTAINER IN A SINK TO DRAIN  
EXCESS WATER. USING THE 1L BOTTLE  
AND MISTING NOZZLE, GENTLY AND  
GRADUALLY SQUIRT WATER OVER EACH  
POD UNTIL THE MATERIAL COMPLETELY  
DISSOLVES.

5



CONTINUE TO EVENLY AND GENTLY  
WATER EACH POD AFTER THE POD  
MATERIAL HAS FULLY DISSOLVED, UNTIL  
YOU USE THE ENTIRETY OF THE 1L  
BOTTLE OF WATER. THE SOIL CONTAINED  
INSIDE OF THE PODS SHOULD BECOME  
NOTICABLY SATURATED, AND IT IS FINE  
IF A LITTLE SOIL SPILLS OUT.

6



PLACE YOUR CONTAINER **INDOORS** IN A SAFE SPACE,  
AND WATER DAILY EACH MORNING TO KEEP THE PODS  
MOIST UNTIL THE SEEDS GERMINATE. ONCE FIRST  
PLANTS SPROUT, MOVE YOUR GARDEN **OUTSIDE** INTO  
FULL SUNLIGHT, AND CONTINUE WATERING DAILY  
UNTIL ALL PLANTS SPROUT. BRING YOUR GARDEN  
INDOORS IF TEMPS FALL BELOW 40°F, OR IF RAIN OR  
WIND STORMS ARE FORECASTED.

7



FOLLOW THE TEXT MESSAGE  
NOTIFICATION TUTORIALS FOR  
COMPLETE THINNING, FERTILIZING, AND  
HARVESTING INFORMATION. IF YOU HAVE  
ANY QUESTIONS, DON'T HESITATE TO  
CONTACT [SUPPORT@SEEDSHEETS.COM](mailto:SUPPORT@SEEDSHEETS.COM)!

HAPPY GARDENING!!