1 Plant & Grow

Culinary Kit: Part 1

SPADE TO FORK

Good or bad, rain or shine, we'd love to hear from you! Contact us via email or phone below, we're always happy to help in whatever way we can!

Email
hello@spadetofork.com

Telephone
541.887.0520

Welcome!

Thank you so much for joining our Spade to Fork family! We love all of our friends and fellow gardeners, so please reach out to us if we can help in any way.

We are a small, family-run business from rural Oregon and your purchase means so much to us.

Spade to Fork started from our love for teaching our own three children the value of growing their own food, and we couldn't be happier to have you along with us on our adventure.

Much love from our family to yours, and happy growing!

Kit contents

5 OMRI listed pots

5 OMRI listed discs

5 tubes with organic & non-GMO seeds

5 custom wood plant marker labels

Our 'Grow Guarantee'

If at any time for any reason you are dissatisfied with your grow kit, we will immediately refund or replace it for you no questions asked!

Key Basics for Planting & Growing

The key tips below will get you off to a good start, but each herb has its own special needs. Be sure to read each specific herb page on the back of this pamphlet.

WARMTH & SUNSHINE

Your seeds require warm soil to sprout (75-80°). After germination, your herb garden will grow best with lots of light and sunshine, so choose a spot in your home that gets 6-8 hours per day.

WATERING

Germination stage: During the first 7-14 days, it is key that your seeds, and the top 3/4" of soil they've been planted in, stay consistently moist but not soggy. Water in small increments several times per day to achieve this. Use more than a spray bottle so the water reaches the seeds under the soil.

Post-sprouting stage: Once your seeds have sprouted and are growing strongly, begin transitioning your watering schedule to allow the top 3/4" of soil to get nearly dry between each watering. This will help to prevent harmless white fuzz (saprophytic fungus--see next page for further details) from forming on your pots or soil surface.

AIR FLOW

Make sure that your herb garden is in a well ventilated area, with lots of fresh air. We recommend using a small fan to create a light breeze across your pots and soil. This encourages strong stems and greatly reduces the chance of any fungal growth.

WATCH THE VIDEO

Are you a visual person like us? Watch our helpful how-to video by typing this link into your internet browser or pointing your smartphone's camera or barcode scanner at this handy QR code box! LINK: http://qrs.ly/ji7lg8e

Avoid White Fuzz (fungus) Growth on Your Soil & Pots

The wrong growing conditions can cause a harmless, white fuzz (saprophytic fungi) to grow on your pots and soil. Follow the steps below to keep your plants strong, healthy and fungus free.

TOO MUCH WATER

This harmless fungus grows best in wet environments with little air flow. In nearly all cases, the white fuzz begins to develop due to overwatering—either too much or too frequent. Once your seeds have sprouted, begin allowing your pots and the top 3/4" of your soil to dry slightly between each watering.

NOT ENOUGH SUNLIGHT

Direct sunlight or grow lights not only make your plants grow strong and healthy, they also help to dry your soil and pots between waterings. Be sure that you position your growing seedlings in a warm and brightly lit area for at least 6-8hrs per day.

NOT ENOUGH AIRFLOW

Saprophytic fungi cannot grow in well-ventilated locations. Place a small fan on a low setting near your planted pots during the day. This helps to evaporate the water from your pots and soil between waterings. It also makes your plant stems grow strong and hearty like they would if they were growing outdoors.

HELPFUL TIP - HYDROGEN PEROXIDE SPRAY

If white fuzz is already growing on your pots or soil, lightly spray household hydrogen peroxide (3%) on all affected surfaces, being careful to avoid your delicate growing seedlings when possible. Let your pots dry in full sun and fresh air and the fungus will disappear.

Sunshine, Grow Lights or Both?

Proper lighting is key to growing a strong, healthy and flavorful culinary herb garden. Home environments vary, so naturally your lighting options do too.

SUNSHINE
Nothing beats good ol' fashioned sunshine. If your home has a window that gets at least 6-8 hours of direct or strong-indirect sunshine each day, you are well on your way to growing your own herbs. NOTE: Rotate your pots each day so your plants, soil and pots get even lighting throughout the week.

GROW LIGHTS
The windows in some homes don't provide enough sunshine, and in those cases we recommend that you use a grow light. Grow lights come in all shapes and sizes (more info on those below), but a good rule of thumb is to give your plants 2 hours of grow light time for every 1 hour of sunlight they should get. Your plants should get 6-8 hours of daily sunshine, therefore they should get 12-16 hours of daily grow light time.

SUNSHINE & GROW LIGHTS
During winter months and in some homes with limited window growing options, using sunlight and grow lights together works perfectly. Follow the directions on your grow light, and be sure that your herb seedlings get the equivalent of 6-8 hours of sunshine per day.

GROW LIGHT RECOMMENDATIONS
Choose a grow light with the following features for best results with our organic culinary herb kit:

- LED light source
- Full spectrum lights (provides the light plants need)
- Height adjustable (keep 2-4" above growing plants)
- Large enough light source for your 5 growing plants

Do My Growing Plants Need Fertilizer?

Each plant in your garden has its own unique fertilizer needs. Giving your herbs the fertilizer they need will make them strong, healthy and flavorful.

FERTILIZING - WHEN & HOW?
Your culinary herbs do not need to be fertilized until you transplant them to a new, larger pot (or outdoors). Mix organic fertilizer into your transplant soil to give your plants a boost in their new home.

Two weeks after successfully transplanting your herbs, begin top dressing your soil with organic fertilizer just before watering, once every two weeks. Choose an organic, all-purpose, granular fertilizer and sprinkle it on the soil around the base of each of your herbs. Water well after fertilizing. Do not add fertilizer to leaves.

These are general fertilizing guidelines, so be sure to follow the specific instructions included with the fertilizer that you decide to purchase for your herbs.

ORGANIC VS SYNTHETIC
We're big fans of organic everything, including fertilizers. Organic fertilizers release nutrients slowly and steadily, they greatly improve the quality of your soil, and they do not build up toxins over time. Synthetic fertilizers can be harsh on delicate plants and they require more frequent application.

FERTILIZER RECOMMENDATIONS
Try our entire line of organic fertilizers available on Amazon or at www.spadetofork.com!

Be sure to choose an organic (or OMRI listed) fertilizer that is particularly well-suited for starting and transplanting plants.

Our ‘Grow Guarantee’

Bottom line—we are here for you!

If at any time and for any reason you are unhappy with one of our products or grow kits, you have our 100% guarantee that we will either replace your item or refund your payment immediately, no questions asked.

We care about you like family and we want you to have the best experience possible, guaranteed!

Contact Us

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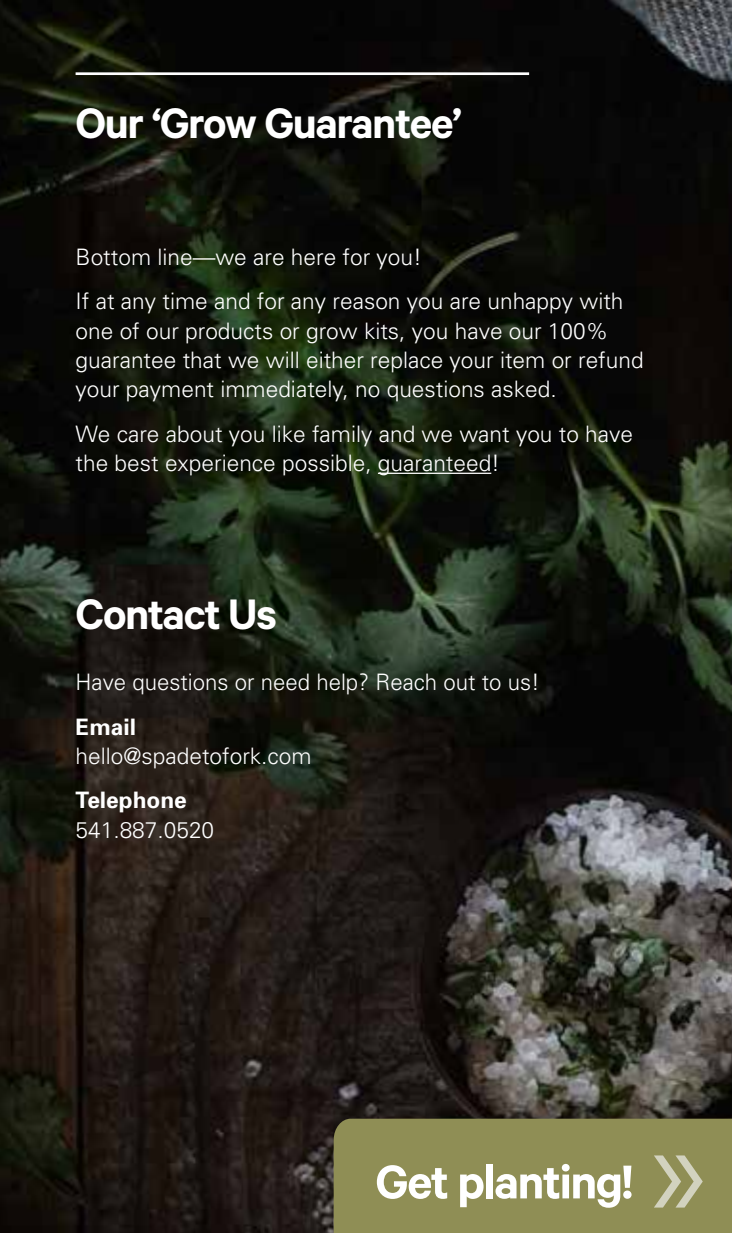

Get planting! »

Okay to Transplant Outdoors?

We recommend growing your herbs indoors year round; but if you plan on transplanting your herbs outdoors, you'll want to plan ahead. Find your zone using the map and key below to determine when (or if) it is safe to transplant your herbs outdoors.

Growing Zone Map Key

1-2	3	4	5	6	7	8	9	10	11-13

Basil - Okay for outdoors in zones 10-13, after last frost.

Cilantro - Okay for outdoors in zones 3-8, after last frost.

Parsley - Okay for outdoors in zones 4-9, after last frost.

Sage - Okay for outdoors in zones 4-8, after last frost.

Thyme - Okay for outdoors in zones 5-9, after last frost.

Check last frost date: https://www.almanac.com/gardening/frostdates

Preparing Your Soil & Getting Ready to Plant!

Your organic soil discs make the perfect seed starting soil. Follow these instructions to prepare your soil discs for seed planting.

NOTE: each expanded soil disc, fully hydrated, produces enough soil to fill each pot plus an extra half cup.

1. Place one soil disc in an empty bowl
2. Heat 1 cup (8oz) of water to warm/hot bath water temperature
3. Pour ½ of the water into the bowl and allow the soil disc to soak it up. Then, pour the rest of the cup of water over the disc while stirring with a fork. Soil discs take 2-3 minutes to expand and work fastest with warmer water
4. Be patient and give the 8oz of water several minutes to soak into the soil. Careful—overly soggy soil can cause mold and root rot
5. Fluff the soil using your fingers—it should be loose, light, slightly damp and should not feel soggy
6. Now, scoop loose handfuls of the soil into your first herb pot (do not pack densely). Let it sit lightly in the pot for best airflow. Fill pot to ½ inch from the rim, being sure to save a little soil to cover your planted seeds
7. Continue to the next page to find the specific planting instructions for the herb you would like to plant first! Repeat the steps above for each pot and soil disc in your kit. **Happy planting!**

Basil

PLANTING

Sprinkle **only 10-15 seeds** over damp warm soil, then cover with 1/8" layer of soil (do not pack)

GROWING

Soil	Loose and damp, never hard-packed
Water	2-3 oz per watering, or less. Allow the top 3/4" of soil to dry slightly between waterings. **DO NOT** over-water or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Sunlight	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	65-82˚ (75-80˚ to sprout)
Fertilizer	Fertilize during transplanting
Germination	7-14 days to see sprouts
Pruning	6+ inches. Prune every 2-3 weeks. Pinch off flowers as they grow
Transplant	Transplant after 3-6 weeks, or when basil reaches 2-4 inches above pot edge. (See Pamphlet 2: "Transplanting" for detailed instructions)

FERTILIZING

No fertilizer needed until transplanting. Then, once every two weeks, lightly top dress soil with organic fertilizer and water in thoroughly. Use our organic, specially formulated Spade To Fork fertilizer for strong and healthy herbs.

Cilantro

PLANTING

Sprinkle **only 10-15 seeds** over damp warm soil, then cover with 1/8" layer of soil (do not pack)

GROWING

Soil	Loose and damp, never hard-packed
Water	2-3 oz per watering, or less. Allow the top 3/4" of soil to dry slightly between waterings. **DO NOT** over-water or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Sunlight	6-8hrs per day indirect sun, or 12-16hrs per day grow lights
Temperature	50-82˚ (75-80˚ to sprout)
Fertilizer	Fertilize during transplanting
Germination	7-14 days to see sprouts
Pruning	6+ inches. Prune every 1-2 weeks. Pinch off flowers as they grow
Transplant	Transplant after 3-6 weeks, or when cilantro reaches 3-4 inches above pot edge. (See Pamphlet 2: "Transplanting" for detailed instructions)

FERTILIZING

No fertilizer needed until transplanting. Then, once every two weeks, lightly top dress soil with organic fertilizer and water in thoroughly. Use our organic, specially formulated Spade To Fork fertilizer for strong and healthy herbs.

Parsley

PLANTING

Sprinkle **only 10-15 seeds** over damp warm soil. Water soil lightly, do not cover seeds with additional layer of soil for this delicate herb

GROWING

Soil	Loose and damp, never hard-packed
Water	2-3 oz per watering, or less. Allow the top 3/4" of soil to dry slightly between waterings. **DO NOT** over-water or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Sunlight	6-8hrs per day indirect sun, or 12-16hrs per day grow lights
Temperature	50-82˚ (75-80˚ to sprout)
Fertilizer	Fertilize during transplanting
Germination	14-25 days to see sprouts
Pruning	6+ inches. Prune every 1-2 weeks. Pinch off flowers as they grow
Transplant	Transplant after 3-6 weeks, or when parsley reaches 3-4 inches above pot edge. (See Pamphlet 2: "Transplanting" for detailed instructions)

FERTILIZING

No fertilizer needed until transplanting. Then, once every two weeks, lightly top dress soil with organic fertilizer and water in thoroughly. Use our organic, specially formulated Spade To Fork fertilizer for strong and healthy herbs.

Sage

PLANTING

Sprinkle **only 10-15 seeds** over damp warm soil, then cover with 1/8" layer of soil (do not pack)

GROWING

Soil	Loose and damp, never hard-packed
Water	2-3 oz per watering, or less. Allow the top 3/4" of soil to dry slightly between waterings. **DO NOT** over-water or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Sunlight	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	70-75˚ (75-80˚ to sprout)
Fertilizer	Fertilize during transplanting
Germination	14-21 days to see sprouts
Pruning	Start with the older, woodier stems by cutting them back by 1/8 only. Pinch flowers to encourage strong leaf growth
Transplant	Transplant after 3-6 weeks, or when sage reaches 3-4 inches above pot edge. (See Pamphlet 2: "Transplanting" for detailed instructions)

FERTILIZING

No fertilizer needed until transplanting. Then, once every two weeks, lightly top dress soil with organic fertilizer and water in thoroughly. Use our organic, specially formulated Spade To Fork fertilizer for strong and healthy herbs.

Thyme

PLANTING

Sprinkle **only 10-15 seeds** over damp warm soil, then cover with 1/8" layer of soil (do not pack)

GROWING

Soil	Loose and damp, never hard-packed
Water	2-3 oz per watering, or less. Allow the top 3/4" of soil to dry slightly between waterings. **DO NOT** over-water or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Sunlight	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	70-75˚ (75-80˚ to sprout)
Fertilizer	Fertilize during transplanting
Germination	14-28 days to see sprouts
Pruning	Prune lightly during first year of growth. Trim from the top by one third each spring. Pinch flowers to encourage strong leaf growth
Transplant	Transplant after 3-6 weeks, or when thyme reaches 1-2 inches above pot edge. (See Pamphlet 2: "Transplanting" for detailed instructions)

FERTILIZING

No fertilizer needed until transplanting. Then, once every two weeks, lightly top dress soil with organic fertilizer and water in thoroughly. Use our organic, specially formulated Spade To Fork fertilizer for strong and healthy herbs.

2 Transplant

Culinary Kit: Part 2

SPADE TO FORK

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When is it Time to Transplant?

Transplanting your herbs to a larger pot (or outdoors) will give them the room to grow strong and healthy.

WATCH FOR SIGNS

In most cases, your herb seedlings will be ready to transplant about 6 weeks after planting, or when they have grown to approximately 1-4 inches above the top of the pot rim (see previous pamphlet for grow height details for each herb).

Transplanting can be hard on your plants, so be sure they are strong and healthy and that they have grown their "true leaves" before you attempt to transplant them. True leaves are the second set of leaves to grow from the plant, and they look like tiny versions of the plant's adult leaf shape. These differ from the plant's "seed leaves" which have a generic shape and are used to feed the plant during its early growth stages.

INDOOR OR OUTDOOR?

Herb seedlings are delicate, so successfully transplanting them outdoors will depend on your climate and region. We recommend keeping your garden indoors year round so you always have access to fresh herbs–it's the best!

If you do decide to move your herbs to an outdoor garden, first confirm that you live in a growing zone that will support your herbs, otherwise they will likely die due to harsh outdoor elements. We've created a zone map in Pamphlet 1. Be sure to refer to that for specifics on your zone. You'll also want to avoid transplanting outdoors until after the risk of frost has passed for the year. Use this almanac link to find the last-frost date for your area.

LINK: https://www.almanac.com/gardening/frostdates

What You'll Need

The list and information below will help you gather the items you'll need to successfully transplant your herbs to larger pots or to your outdoor garden.

- **(5) 8-10" pots**
- **(1 cu ft) organic, fast-draining potting soil**
- **(1-2lbs) organic herb garden fertilizer**
- **garden trowel**
- **water**

POTS
There are three key points to consider when selecting your new pots. First, make sure there have good drainage holes, as your growing herbs don't like "wet feet." Second, make sure the pots are large enough for your herbs to grow. And third, choose a pot that will fit in your growing area, so your garden can continue to thrive as it has been.

ORGANIC POTTING SOIL
Select a potting soil that is loose and light and drains well. Always choose organic to avoid mixing chemicals and additives into your organic herb garden.

ORGANIC FERTILIZER
Be sure to choose an organic (or OMRI listed) fertilizer that is particularly well-suited for starting and transplanting plants. You will be mixing this fertilizer into the soil during the transplant process.

Try our entire line of organic fertilizers available on Amazon or at www.spadetofork.com!

Preparing to Transplant Your Herbs

Follow the steps below to prepare your seedlings for transplant to new pots or outdoor garden beds.

PREPARE YOUR SEEDLINGS
Water your seedlings about 2 hours before you plan to transplant them. This makes your plants stronger and more resilient to the move, but it also moistens and loosens the soil so it can break apart easily, which is very important.

PREPARE YOUR SOIL
Mix high quality organic potting soil with your organic fertilizer according to the fertilizer directions. In most cases we advise halving the listed recommended amount—herbs do not do well in over-fertilized soil.

Whether you are planning to transplant into larger pots or an outdoor garden bed, this is the soil you will be using.

GARDEN BED REQUIREMENTS (OUTDOORS)
Ensure your garden beds are located where they will receive 6-8 hours of sunlight per day. Your garden beds also need to have enough room to plant your herbs spaced 10-12" apart from each other and 8-10" deep.

FERTILIZING TIP:

While some plants love rich and fertile soil, your herbs prefer slightly less fertile soil that dries quickly and drains easily. Transplanting is a great time to fertilize your new potting soil, just be sure to do so sparingly—your herbs will thank you for it.

Transplanting (Indoors)

Keeping your growing herb garden indoors makes daily care easy and ensures you always have a ready supply of fresh, organic herbs available for use.

1. Fill your new pots with several inches of the soil/fertilizer mix.
2. Gently remove your herbs from their peat pots by squeezing the sides to help loosen and separate. Once removed, place herbs in their new pots.
3. Add more soil/fertilizer mix around the sides of the herbs until the soil level reaches the bottom stem of the plant. Push the soil firmly around the plant and add any additional soil.
4. Water the newly transplanted herbs to help them settle into their new soil.
5. Place your pots in a location with indirect sunlight for the first 2-3 days following the transplant to give your seedlings time to adjust to their new homes.
6. Now its time to move your pots to a sunny location (one that receives at least 6-8 hours of direct or strong-indirect sunshine each day), or keep them under a grow light for 12-16 hours daily. (If needed, refer to Pamphlet 1 for more detailed instructions on the use of grow lights.)
7. Continue to care for your herbs. Remember to allow your soil to dry slightly between each watering—culinary herbs grow best in soil that is more on the dry side.

Transplanting (Outdoors)

Growing herbs outdoors is exciting and rewarding. Just be sure you are past the last-frost date and that you live in a zone that can support these delicate plants.

Important: "Hardening off" is the process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

1. Before transplanting, harden off your herbs over the course of 1 week, gradually increasing their time spent outdoors each day.
2. If possible, select a transplant day that is overcast, and plan to move your herbs in the early morning to avoid harsh midday sun.
3. Use your trowel to dig holes in your garden bed that are slightly larger than the size of the peat pots.
4. Gently remove your herbs from their peat pots by squeezing the sides to help loosen and separate. Once removed, place herbs in their garden bed holes.
5. Add soil/fertilizer mix around the sides of the herbs until the soil level reaches the bottom stem of the plant. Push the soil firmly around the plant and add any additional soil.
6. Water the newly transplanted herbs to help them settle into their new soil.
7. Continue to care for your herbs. Remember to allow your soil to dry slightly between each watering—culinary herbs grow best in soil that is more on the dry side.

3 Prune & Harvest

SPADE TO FORK

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Basil

Basil is an annual, meaning it lives for one growth season and then dies.

PRUNING & HARVESTING

Proper pruning encourages growth and makes for a healthier, fuller plant. If left on its own and not trimmed, pruned or eaten, basil will become leggy and go to flower. Make the most of your basil by pruning and harvesting with the steps below:

- Once basil is 6 inches, pinch stem just above a set of leaves from the top of the plant down.
- Trim your basil approximately every 2 weeks.
- Pinch off flowers as they grow.
- Basil reaches peak aroma and flavor between 70-80 days.
- At the end of the growing season, cut the stems to the ground and pick off all the leaves.

STORING YOUR HERBS

Freezing basil is the best method to preserve the flavor of your herb. To quick-freeze basil, place whole or chopped leaves in an airtight, freezer container. Place basil in the freezer. It will keep for 1 year. Drying basil is another storage method (though it will lose some flavor). Spread leaves on a cooking sheet and place in the oven on the lowest setting for 2-4 hours. Store dried basil in an air tight container at room temperature. Dried basil will last 1-2 years.

Cilantro

Cilantro is an annual, meaning it lives for one growth season and then dies.

PRUNING & HARVESTING

Proper pruning encourages growth and makes for a healthier, fuller plant. If left on its own and not trimmed, pruned or eaten, cilantro will become bitter and go to flower. Make the most of your cilantro by pruning and harvesting with the steps below:

- Once cilantro is 6 inches, trim outer leaves and stems down to the new growth.
- Trim outer leaves and stems down to new growth approximately every week.
- Pinch off flowers as they grow. Once cilantro plants start to flower, the leaves become bitter and can no longer be harvested.
- At the end of the growing season, cut the stems to the ground.

STORING YOUR HERBS

Freshly harvested cilantro can be stored in an airtight bag in the fridge for one week. For long term cilantro storage, freezing is recommended. To freeze, place cilantro in an air-tight freezer container and place in the freezer. It will keep for 1 year. Cilantro is not well suited for drying.

Parsley

Parsley is typically an annual, meaning it lives for one growth season and then dies, but in mild or indoor conditions it can live up to two growth seasons.

PRUNING & HARVESTING

Proper pruning encourages growth and makes for a healthier, fuller plant. Make the most of your cilantro by pruning and harvesting with the steps below:

- Once parsley is 6 inches, cut stalks from the outer perimeter of the parsley plant first. Cut stalks down to ground-level. Allow the newer, inner parts of the plant to mature before harvesting more.
- Pinch off flowers as they grow. Once parsley plants start to flower, the leaves become bitter and can no longer be harvested.
- At the end of the growing season, gather all the stems and cut to the ground.

STORING YOUR HERBS

Freshly harvested parsley can be stored in an airtight bag in the fridge for 1 week. For long term storage, keep parsley in an air-tight container and place in the freezer. It will keep for 1 year. Drying parsley is another storage method (some flavor will be lost). Spread parsley on a cooking sheet and place in the oven on the lowest setting for 2-4 hours. Once dry discard stems and store parsley in an air tight container at room temperature. Dried parsley will last 1-2 years.

Sage

Sage is a perennial, meaning it lives for two or more years.

PRUNING & HARVESTING

Proper pruning encourages growth and makes for a healthier, fuller plant. Make the most of your sage by pruning and harvesting with the steps below:

- It is recommended to avoid harvesting leaves from your sage plant in its first year. This allows the plant to establish good roots and a solid frame. If you do plan on harvesting in the first year, do so lightly.
- Once your sage plant is well established you can pick off leaves as needed.
- In its second and subsequent years, do a large harvest about twice during each growing season. This will encourage growth and keep your plant rounded and evenly shaped. Cut the sage stems back, harvesting no more than half the total volume of the plant.

STORING YOUR HERBS

Drying is the recommended method of storage for sage. Cut off stems that are at least 6-8 inches long. Bundle these together with twine and hang to dry for approximately 1 week. Once dry, remove leaves from stem and store in an airtight container at room temperature. Dried sage will last 1-3 years.

Thyme

Thyme is a perennial, meaning it lives for two or more years.

PRUNING & HARVESTING

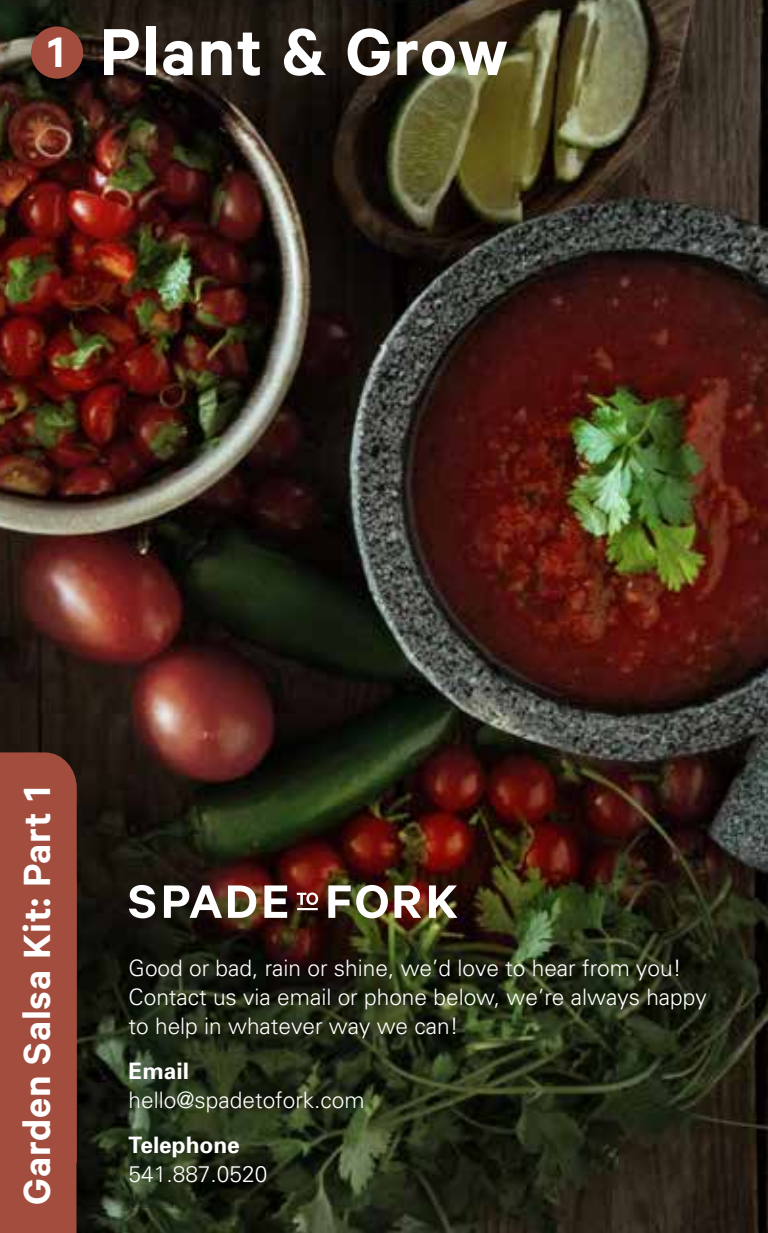
Proper pruning encourages growth and makes for a healthier, fuller plant. Make the most of your thyme by pruning and harvesting with the steps below:

- It is recommended to lightly prune your thyme plant in its first year. This allows the plant to establish good roots and a solid frame.
- Once thyme is 8–10 inches, cut top leaves back, leaving at least 5 inches of growth on the plant. When harvesting only remove the fresh, green stems leaving the tough, woody part of the stems behind to encourage new growth.
- Thyme reaches it's best flavor just before the plant flowers. Once the plant begins to flower,it can still be used but expect a milder flavor.

STORING YOUR HERBS

Drying is the recommended method of storage for thyme. Cut off stems that are at least 4-6 inches long. Bundle these together with twine and hang to dry for approximately 1 week. Once dry, remove leaves from stem and store in an airtight container at room temperature. Dried thyme will last 1-3 years.

1 Plant & Grow



Garden Salsa Kit: Part 1

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Welcome!

Thank you so much for joining our Spade to Fork family! We love all of our friends and fellow gardeners, so please reach out to us if we can help in any way.

We are a small, family-run business from rural Oregon and your purchase means so much to us.

Spade To Fork started from our love for teaching our own three children the value of growing their own food, and we couldn't be happier to have you along with us on our adventure.

Much love from our family to yours, and happy growing!

Kit contents

5 OMRI listed peat pots

5 OMRI listed soil discs

5 tubes of organic & non-GMO seeds

5 custom wood plant marker labels

Our 'Grow Guarantee'

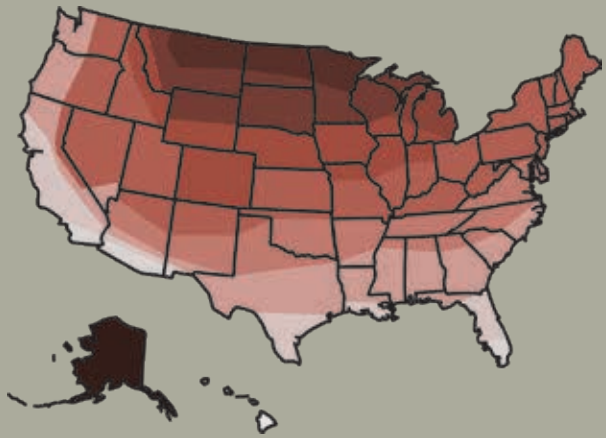
If at any time for any reason you are dissatisfied with your grow kit, we will immediately refund or replace it for you no questions asked!

Planning Your Garden

Before getting started, it's important to plan out the timing of your garden. Though seeds can begin indoors, they will need to be transplanted within a short amount of time to a larger container or garden space outdoors.

Garden planning is typically based around the frost dates for your area. There are some vegetables such as lettuce that don't mind the cold, where others such as tomatoes need a very warm environment to thrive. Knowing the best time of year you can plant each vegetable outdoors will help you plan when you should start your seeds indoors.

NOTE: If you plan to create an indoor grow space, this does not apply. See more details about this in the next section of this pamphlet titled "Indoor Gardening").



Go to **www.almanac.com/gardening/frostdates** to find out the last frost date of the winter/spring and the first frost date of the fall/winter to know your growing season for your location. Then, use the growing guides below to determine the best time to start your seeds.

	Earliest date to start indoors (before last frost)	Safe temp to plant outdoors	Days to harvest
Cherry Tomato	6-8 weeks	60-90˚	65-70
San Marzano Tomato	6-8 weeks	60-90˚	75-85
Jalapeño	6-8 weeks	60-90˚	70-90
Cilantro	3-6 weeks	50-82˚	45-55
Green Onion	6-8 weeks	55-85˚	55-65

Indoor Gardening

Setting up an indoor garden is a wonderful option for city dwellers and those with limited outdoor space. It is also a great way to extend your growing season.

SUNSHINE & GROW LIGHTS
The key to successful indoor gardening is proper lighting. Where bright windowsill light is usually sufficient to start seedlings, growing strong healthy vegetables indoors **does require** the addition of grow lights. Here are our recommendations for grow lights:

- **Full spectrum LED or fluorescent (either regular or compact bulbs) light sources**
- **Height adjustable to accommodate your growing plants**
- **Large enough light source for all of your growing plants**

LED & FLUORESCENT
Full spectrum LED grow lights provide all the light temperatures plants need to grow. They also do not generate much heat so you can put your plants closer to the lights to give them high light levels without burning them. Though LEDs cost a bit more up front, they are very efficient, using half the electricity and lasting 5x longer than fluorescent bulbs.

Fluorescent lights are more affordable to buy, and may be a good choice if you're new to indoor gardening or want to grow just a few plants. We recommend choosing a 4100K bulb for best all around light for your indoor vegetable garden.

LIGHT LEVELS & GROWING LOCATION
Tomatoes and jalapeños require the highest levels of light. Tomatoes also take up the most space, each plant growing to about 24" in height. Cilantro and green onions can tolerate low to medium light levels and stay relatively small and compact. Keep this in mind when choosing your lights and your indoor growing location.

Avoid White Fuzz (fungus) Growth on Your Soil & Pots

The wrong growing conditions can cause a harmless, white fuzz (saprophytic fungi) to grow on your pots and soil. Follow the steps below to keep your plants strong, healthy and fungus free.

TOO MUCH WATER
This harmless fungus grows best in wet environments with little air flow. In nearly all cases, the white fuzz begins to develop due to overwatering—either too much or too frequent. Once your seeds have sprouted, begin allowing your pots and the top 1/2" of your soil to dry slightly between each watering.

NOT ENOUGH SUNLIGHT
Direct sunlight or grow lights not only make your plants grow strong and healthy, they also help to dry your soil and pots between waterings. Be sure that you position your growing seedlings in a warm and brightly lit area for at least 6-8hrs per day.

NOT ENOUGH AIRFLOW
Saprophytic fungi cannot grow in well-ventilated locations. Place a small fan on a low setting near your planted pots during the day. This helps to evaporate the water from your pots and soil between waterings. It also makes your plant stems grow strong and hearty like they would if they were growing outdoors.

HELPFUL TIP - HYDROGEN PEROXIDE SPRAY
If white fuzz is already growing on your pots or soil, lightly spray household hydrogen peroxide (3%) on all affected surfaces, being careful to avoid your delicate growing seedlings when possible. Let your pots dry in full sun and fresh air and the fungus will disappear.

Our 'Grow Guarantee'

Bottom line–we are here for you!

If at any time and for any reason you are unhappy with one of our products or grow kits, you have our 100% guarantee that we will either replace your item or refund your payment immediately, no questions asked.

We care about you like family and we want you to have the best experience possible, guaranteed!

Contact Us

Have questions or need help? Reach out to us!

Email
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Telephone
541.887.0520

Get planting! »

Key Basics for Planting & Growing

The key tips below will get you off to a good start, but each vegetable has its own special needs, so be sure to read each specific vegetable page in this pamphlet.

WARMTH, SUNSHINE & GROW LIGHTS
Your seeds require warm soil to sprout. After germination, your salsa garden will grow best with lots of light and sunshine, so choose a spot in your home that gets at least 6-8hrs per day.

WATERING
Germination stage: During the first 7-14 days, it is key that your seeds, and the top 1/2" of soil they've been planted in, stay consistently moist but not soggy. Water in small increments each day to achieve this. Use more than a spray bottle so the water reaches the seeds under the soil.

Post-sprouting stage: Once your seeds have sprouted and are growing strongly, begin transitioning your watering schedule to allow the top 1/2" of soil to get nearly dry between each watering. This will help to prevent root rot and harmless white fuzz (saprophytic fungus–see earlier pamphlet panel for more details) from forming on your pots or soil surface.

AIR FLOW
Make sure that your salsa garden is in a well ventilated area, with lots of fresh air. We recommend using a small fan to create a light breeze across your pots and soil. This encourages strong stems and greatly reduces the chance of any fungal growth.

WATCH THE VIDEO

Are you a visual person like us? Watch our helpful how-to video by typing this link into your internet browser or pointing your smartphone's camera or barcode scanner at this handy QR code box!
LINK: http://qrs.ly/ji7lg8e

Preparing Your Soil & Getting Ready to Plant!

Your organic soil discs make the perfect seed starting soil. Follow these instructions to prepare your soil discs for seed planting.

NOTE: each expanded soil disc, fully hydrated, produces enough soil to fill each pot plus an extra half cup.

1. Place one soil disc in an empty bowl
2. Heat 1 cup (8oz) of water to warm/hot bath water temperature
3. Pour ½ of the water into the bowl and allow the soil disc to soak it up. Then, pour the rest of the cup of water over the disc while stirring with a fork. Soil discs take 2-3 minutes to expand and work fastest with warmer water
4. Be patient and give the 8oz of water several minutes to soak into the soil. Careful – overly soggy soil can cause mold and root rot
5. Fluff the soil using your fingers or a fork – it should be loose, light, slightly damp and should not feel soggy
6. Now, scoop loose handfuls of the soil into your first pot (do not pack densely). Let it sit lightly in the pot for best airflow. Fill pot to ½ inch from the rim, being sure to save a little soil to cover your planted seeds
7. Continue to the next page to find the specific planting instructions for the vegetable you would like to plant first! Repeat the steps above for each pot and soil disc in your kit.

Happy planting!

San Marzano Tomato

PLANTING

Sprinkle **only 3 seeds** over moist soil, then cover with 1/4" layer of soil (do not pack)

GROWING

Germination	7-14 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil. Keep water off leaves
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	60-90˚ (70-90˚ to sprout)
Thinning	Remove weaker seedlings when the strongest seedling is about 2". Cut weaker seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedling
Transplant	Transplant when plant is at least 3-4" and outside temperature is 60˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic All-Purpose Fertilizer.

Cherry Tomato

PLANTING

Sprinkle **only 3 seeds** over moist soil, then cover with 1/4" layer of soil (do not pack)

GROWING

Germination	7-14 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil. Keep water off leaves
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	60-90˚ (70-90˚ to sprout)
Thinning	Remove weaker seedlings when the strongest seedling is about 2". Cut weaker seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedling
Transplant	Transplant when plant is at least 3-4" and outside temperature is 60˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic All-Purpose Fertilizer.

Jalapeño

PLANTING

Sprinkle **only 3 seeds** over moist soil, then cover with 1/4" layer of soil (do not pack)

GROWING

Germination	8-25 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil. Keep water off leaves
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	60-90˚ (70-90˚ to sprout)
Thinning	Remove weaker seedlings when the strongest seedling is about 2". Cut weaker seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedling
Transplant	Transplant when plant has 4 or more leaves and outside temperature is 60˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic All-Purpose Fertilizer.

Cilantro

PLANTING

Sprinkle **only 15-20 seeds** over moist soil, then cover with 1/8" layer of soil (do not pack)

GROWING

Germination	7-14 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day indirect sun, or 12-16hrs per day grow lights
Temperature	50-82˚ (70-80˚ to sprout)
Thinning	No thinning necessary
Transplant	Transplant after 3-6 weeks, or when seedlings reach 3-4" and outside temperatures are between 50-75˚. (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic All-Purpose Fertilizer.

Green Onion

PLANTING

Sprinkle **only 10-12 seeds** over moist soil, then cover with 1/8" layer of soil (do not pack)

GROWING

Germination	6-16 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	55-85˚ (65-75˚ to sprout)
Thinning	No thinning necessary
Transplant	Transplant when seedlings reach 4-6" and outside temperatures are between 55-75˚ (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic All-Purpose Fertilizer.

2 Transplant

Garden Salsa Kit: Part 2

SPADE TO FORK

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Email
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San Marzano Tomato

TRANSITIONING TO OUTDOORS

When seedling is 3-4" and outside temperatures are 60˚ or warmer, begin hardening off your tomato plant. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 12" deep x 12" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	60-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a hole several inches larger than the size of the peat pot.

Water seedling 2 hours before transplanting.

Gently remove seedling from its peat pot by squeezing the sides to help loosen and separate. Set tomato transplant into the prepared soil, burying the stem up to the bottom two sets of leaves.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing. Water soil directly and avoid getting leaves wet. A tomato cage for support is recommended.

Cherry Tomato

TRANSITIONING TO OUTDOORS

When seedling is 3-4" and outside temperatures are 60˚ or warmer, begin hardening off your tomato plant. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 12" deep x 12" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	60-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a hole several inches larger than the size of the peat pot.

Water seedling 2 hours before transplanting.

Gently remove seedling from its peat pot by squeezing the sides to help loosen and separate. Set tomato transplant into the prepared soil, burying the stem up to the bottom two sets of leaves.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing. Water soil directly and avoid getting leaves wet.

Jalapeño

TRANSITIONING TO OUTDOORS

When seedling has 4 or more leaves and outside temperatures are 60˚ or warmer, begin hardening off your jalapeño plant. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 8" deep x 8" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	60-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a hole several inches larger than the size of the peat pot.

Water seedling 2 hours before transplanting.

Gently remove seedling from its peat pot by squeezing the sides to help loosen and separate. Set jalapeño transplant into the prepared soil and fill in soil firmly to the base of the stem.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing. Water soil directly and avoid getting leaves wet.

Cilantro

TRANSITIONING TO OUTDOORS

When seedlings are 3-4" and outside temperatures are between 50-75˚, begin hardening off your cilantro. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours indirect sunlight (hot climates plant in semi-shade)
Container	Minimum 8" deep x 8" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	50-82˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a hole several inches larger than the size of the peat pot.

Water seedlings 2 hours before transplanting.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Set cilantro transplants into the prepared soil, and lightly firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Green Onion

TRANSITIONING TO OUTDOORS

When seedlings are 4-6" and outside temperatures are 60˚ or warmer, begin hardening off green onions. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 8" deep x 10" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	60-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer.

Water seedlings 2 hours before transplanting.

Remove seedlings from peat pot by squeezing the sides to help loosen and separate. Gently separate green onions and replant 1-2" apart in the newly prepared soil.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing. Green onions will rot in waterlogged soil, therefore take care not to over-water.

3 Harvest

Garden Salsa Kit: Part 3

SPADE TO FORK

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Email
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Telephone
541.887.0520

San Marzano Tomato

Harvest when fruit is bright red and comes off the stem easily, approximately 75-85 days after planting.

BRINGING TO HARVEST

These sun-loving plants cannot survive frost. If cool weather is approaching and your tomatoes have not fully ripened here are steps you can take.

- Water less frequently. This makes the plant concentrate on ripening fruit rather than growing and creating more foliage.
- Pick fully formed green fruit and let ripen indoors. Put green tomatoes in a paper bag and leave on the counter to ripen.

PRESERVING YOUR HARVEST

For best flavor, store ripe tomatoes at room temperature indoors (65°-70°). At room temperature tomatoes will keep for 4 to 7 days.

If you are not using your tomatoes to make salsa right away, try freezing them. To freeze tomatoes, wash them, remove stems and then dry. Place tomatoes on a baking tray in the freezer. Once frozen, store tomatoes in freezer bags or airtight containers. Frozen tomatoes will stay good in the freezer for up to 1 year.

Cherry Tomato

Harvest when fruit is bright red and comes off the stem easily, approximately 65-70 days after planting.

BRINGING TO HARVEST

These sun-loving plants cannot survive frost. If cool weather is approaching and your tomatoes have not fully ripened here are steps you can take.

- Water less frequently. This makes the plant concentrate on ripening fruit rather than growing and creating more foliage.
- Pick fully formed green fruit and let ripen indoors. Put green tomatoes in a paper bag and leave on the counter to ripen.

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For best flavor, store ripe tomatoes at room temperature indoors (65°-70°). At room temperature tomatoes will keep for 4 to 7 days.

If you are not using your tomatoes to make salsa right away, try freezing them. To freeze tomatoes, wash them, remove stems and then dry. Place tomatoes on a baking tray in the freezer. Once frozen, store tomatoes in freezer bags or airtight containers. Frozen tomatoes will stay good in the freezer for up to 1 year.

Jalapeño

Jalapeños will be ready to harvest approximately 70-90 days after planting.

HARVESTING

- Jalapeños are ready to harvest when peppers are a shiny, deep green and are 2 1/2" or larger.
- Cut peppers off the vine using garden shears or scissors, leaving a short amount of stem attached to the pepper.
- Always take care when harvesting jalapeños as the oil can burn skin and eyes. Wash hands after handling or use gloves.

STORING YOUR HARVEST

Jalapeños will last 3-5 days at room temperature. When refrigerated in a paper bag or wrapped in a paper towel they will last 1-2 weeks. Do not wash jalapeños until you are ready to use them.

If you aren't making salsa right away, you can freeze jalapeños. To freeze jalapeños, wash them and remove stems then dry. Place jalapeños on a baking tray in the freezer. Once frozen, store in freezer bags or airtight containers. Frozen jalapeños will stay good in the freezer for up to 1 year.

Cilantro

Cilantro can start to be harvested once the plant reaches 6", approximately 45-55 days after planting.

PRUNING & HARVESTING

Proper pruning encourages growth and makes for a healthier, fuller plant. If left on its own and not trimmed, pruned or eaten, cilantro will become bitter and go to flower. Make the most of your cilantro by pruning and harvesting with the steps below:

- Once cilantro is 6 inches, trim outer leaves and stems down to the new growth.
- Trim outer leaves and stems down to new growth approximately every week.
- Pinch off flowers as they grow. Once cilantro plants start to flower, the leaves become bitter.

STORING YOUR HARVEST

Freshly harvested cilantro can be stored in an airtight bag in the refrigerator for one week. For long term cilantro storage, freezing is recommended. To freeze, place cilantro in an air-tight freezer container and place in the freezer. It will keep for 1 year. Cilantro is not well suited for drying.

Green Onion

Green onions will be ready to harvest approximately 55-65 days after planting.

HARVESTING

Harvest green onions when they are pencil size or larger and between 10-14" tall. Hold the greens of the onion firmly and pull out of soil to harvest.

STORING & PRESERVING YOUR HARVEST

- Freshly harvested green onions can be stored in the refrigerator for 1-2 weeks. First wash and trim roots then dry before storing them in an airtight bag in the refrigerator.
- If you aren't making salsa right away, you can freeze green onions. To freeze, wash and trim roots then dry. When they are dry, thinly slice the entire stalk. Place cut green onions on a baking tray in the freezer. Once frozen, store cut green onions in freezer bags or airtight containers. Frozen green onions will stay good in the freezer for up to 1 year.

1 Plant & Grow

Vegetable Garden Kit: Part 1

SPADE TO FORK

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Email
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541.887.0520

Welcome!

Thank you so much for joining our Spade to Fork family! We love all of our friends and fellow gardeners, so please reach out to us if we can help in any way.

We are a small, family-run business from rural Oregon and your purchase means so much to us.

Spade to Fork started from our love for teaching our own three children the value of growing their own food, and we couldn't be happier to have you along with us on our adventure.

Much love from our family to yours, and happy growing!

Kit contents

5 OMRI listed peat pots

5 OMRI listed soil discs

5 tubes of organic & non-GMO seeds

5 custom wood plant marker labels

Our 'Grow Guarantee'

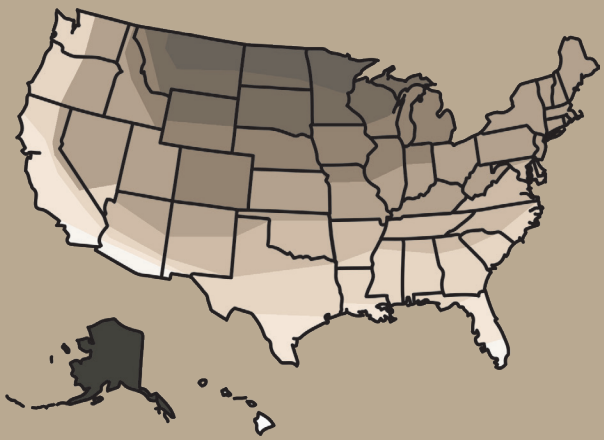
If at any time for any reason you are dissatisfied with your grow kit, we will immediately refund or replace it for you no questions asked!

Planning Your Garden

Before getting started, it's important to plan out the timing of your garden. Though seeds can begin indoors, they will need to be transplanted within a short amount of time to a larger container or garden space outdoors.

Garden planning is typically based around the last frost date for your area. There are some vegetables such as lettuce that don't mind the cold, where others such as tomatoes need a very warm environment to thrive. Knowing the best time of year you can plant each vegetable outdoors will help you plan when you should start your seeds indoors.

NOTE: If you plan to create an indoor grow space, this does not apply. See more details about this in the next pamphlet section "Indoor Gardening").



Go to **www.almanac.com/gardening/frostdates** to find out the last frost date of the winter/spring and the first frost date of the fall/winter to know your growing season. Use the growing guides below to determine the best time to start your seeds.

	Earliest date to start indoors (before last frost)	Safe temp to plant outdoors	Days to harvest
Cherry Tomato	6-8 weeks	60-85˚	65-70
Green Bean	2 weeks	50-85˚	50-60
Carrot	3 weeks	50-80˚	50-60
Butterhead Lettuce	3-4 weeks	45-70˚	45-55
Radish	2 week	45-85˚	30-40

Indoor Gardening

Setting up an indoor garden is a wonderful option for city dwellers and those with limited outdoor space. It is also a great way to extend your growing season.

SUNSHINE & GROW LIGHTS

The key to successful indoor gardening is proper lighting. Where bright windowsill light is usually sufficient to start seedlings, growing strong and healthy vegetables indoors does require the addition of grow lights. Here are our recommendations for grow lights:

- **Full spectrum LED or fluorescent (either regular or compact bulbs) light sources**
- **Height adjustable to accommodate your growing plants**
- **Large enough light source for all of your growing plants**

LED & FLUORESCENT

Full spectrum LED grow lights provide all the light temperatures plants need to grow. They also do not generate much heat so you can put your plants closer to the lights to give them high light levels without burning them. Though LEDs cost a bit more up front, they are super-efficient, using half the electricity and lasting 5x longer than fluorescent bulbs.

Fluorescent lights are more affordable to buy, and may be a good choice if you're new to indoor gardening or want to grow just a few plants. We recommend choosing a 4100K bulb for best all around light for your indoor vegetable garden.

LIGHT LEVELS & GROWING LOCATION

Tomatoes and green beans require the highest levels of light. They also take up the most space, each plant growing to about 24" in height. Lettuce, carrots and radishes can tolerate low to medium light levels and stay relatively small and compact. Keep this in mind when choosing your lights and your indoor growing location.

Avoid White Fuzz (fungus) Growth on Your Soil & Pots

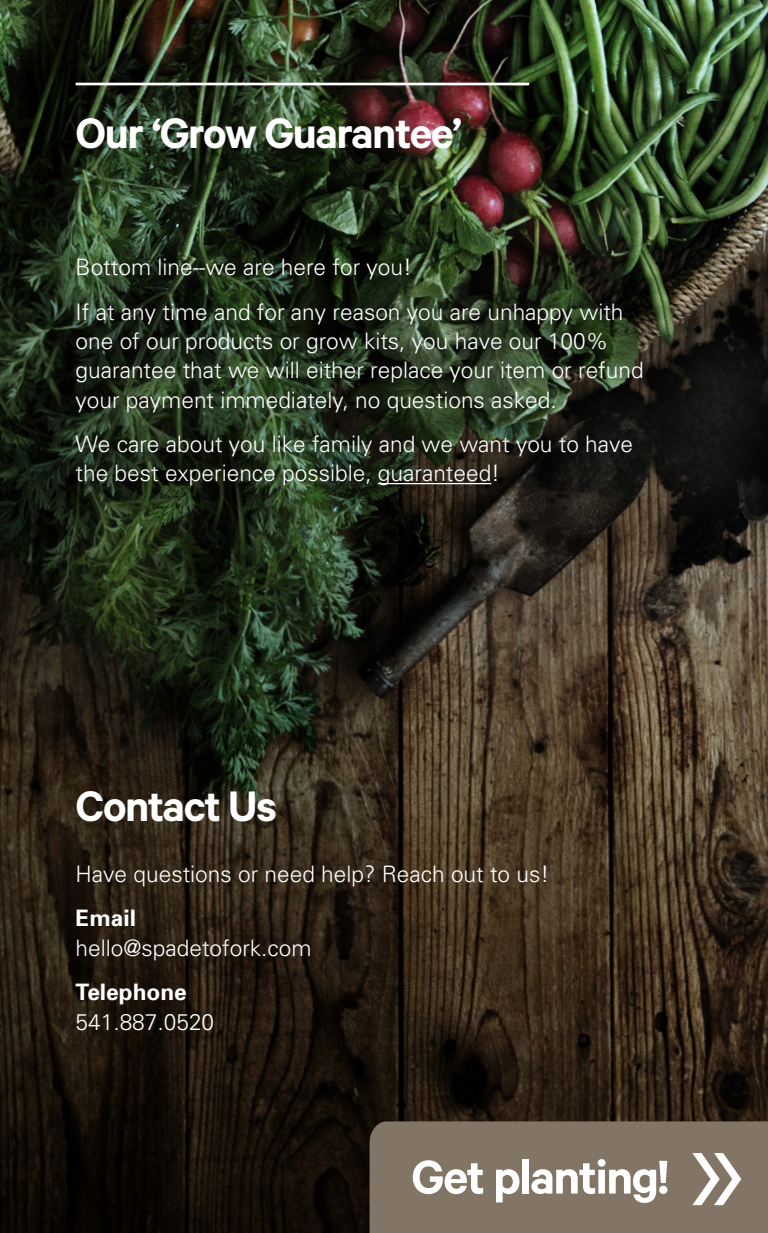
The wrong growing conditions can cause a harmless, white fuzz (saprophytic fungi) to grow on your pots and soil. Follow the steps below to keep your plants strong, healthy and fungus free.

TOO MUCH WATER
This harmless fungus grows best in wet environments with little air flow. In nearly all cases, the white fuzz begins to develop due to overwatering—either too much or too frequent. Once your seeds have sprouted, begin allowing your pots and the top 1/2" of your soil to dry slightly between each watering.

NOT ENOUGH SUNLIGHT
Direct sunlight or grow lights not only make your plants grow strong and healthy, they also help to dry your soil and pots between waterings. Be sure that you position your growing seedlings in a warm and brightly lit area for at least 6-8hrs per day.

NOT ENOUGH AIRFLOW
Saprophytic fungi cannot grow in well-ventilated locations. Place a small fan on a low setting near your planted pots during the day. This helps to evaporate the water from your pots and soil between waterings. It also makes your plant stems grow strong and hearty like they would if they were growing outdoors.

HELPFUL TIP - HYDROGEN PEROXIDE SPRAY
If white fuzz is already growing on your pots or soil, lightly spray household hydrogen peroxide (3%) on all affected surfaces, being careful to avoid your delicate growing seedlings when possible. Let your pots dry in full sun and fresh air and the fungus will disappear.



Our 'Grow Guarantee'

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We care about you like family and we want you to have the best experience possible, guaranteed!

Contact Us

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Get planting! »

Key Basics for Planting & Growing

The key tips below will get you off to a good start, but each vegetable has its own special needs, so be sure to read each specific vegetable page in this pamphlet.

TEMPERATURE, SUNSHINE & GROW LIGHTS

Your seeds require specific temperatures to sprout. After germination, your seedlings will grow best with lots of light and sunshine, so choose a spot in your home that gets 6-8hrs per day or put them under grow lights.

WATERING

Germination stage: During the first 7-14 days, it is key that your seeds, and the top 1/2" of soil they've been planted in, stay consistently moist but not soggy. Water in small increments each day to achieve this. Use more than a spray bottle so the water reaches the seeds under the soil.

Post-sprouting stage: Once your seeds have sprouted and are growing strongly, begin transitioning your watering schedule to allow the top 1/2" of soil to get nearly dry between each watering. This will help to prevent root rot and harmless white fuzz (saprophytic fungus —see earlier pamphlet panel for more details) from forming on your pots or soil surface.

AIR FLOW

Make sure that your seedlings are in a well ventilated area, with lots of fresh air. We recommend using a small fan to create a light breeze across your pots and soil. This encourages strong stems and greatly reduces the chance of any fungal growth.

WATCH THE VIDEO

Are you a visual person like us? Watch our helpful how-to video by typing this link into your internet browser or pointing your smartphone's camera or barcode scanner at this handy QR code box!
LINK: http://qrs.ly/ji7lg8e

Preparing Your Soil & Getting Ready to Plant!

Your organic soil discs make the perfect seed starting soil. Follow these instructions to prepare your soil discs for seed planting.

NOTE: each expanded soil disc, fully hydrated, produces enough soil to fill each pot plus an extra half cup.

1. Place one soil disc in an empty bowl
2. Heat 1 cup (8oz) of water to warm/hot bath water temperature
3. Pour ½ of the water into the bowl and allow the soil disc to soak it up. Then, pour the rest of the cup of water over the disc while stirring with a fork. Soil discs take 2-3 minutes to expand and work fastest with warmer water
4. Be patient and give the 8oz of water several minutes to soak into the soil. Careful – overly soggy soil can cause mold and root rot
5. Fluff the soil using your fingers or a fork – it should be loose, light, slightly damp and should not feel soggy
6. Now, scoop loose handfuls of the soil into your first pot (do not pack densely). Let it sit lightly in the pot for best airflow. Fill pot to ½ inch from the rim, being sure to save a little soil to cover your planted seeds
7. Continue to the next page to find the specific planting instructions for the vegetable you would like to plant first! Repeat the steps above for each pot and soil disc in your kit.

Happy planting!

Cherry Tomato

PLANTING

Sprinkle **only 3 seeds** over moist soil, then cover with 1/4" layer of soil (do not pack)

GROWING

Germination	7-14 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Sunlight	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	60-85˚ (70-80˚ to sprout)
Thinning	Remove weaker seedlings when the strongest seedling is about 2". Cut weaker seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedling
Transplant	Transplant when plant is at least 3-4" and outside temperature is 60˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

Green Bean

PLANTING

Bury **only 2 seeds** in moist soil 1/2-1" below the surface and cover with a layer of soil (do not pack)

GROWING

Germination	8-10 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	50-85˚ (65-75˚ to sprout)
Thinning	Remove weaker seedling when the strongest seedling is about 2". Cut weaker seedling off at soil level with scissors being careful not to disturb the roots of the remaining seedling
Transplant	Transplant when plant is 2 weeks old and outside temperatures are between 60-80˚ (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

Carrot

PLANTING

Sprinkle **only 5-7 seeds** evenly over moist soil, then cover with 1/4" layer of soil (do not pack)

GROWING

Germination	10-20 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	45-90˚ (70-80˚ to sprout)
Thinning	No thinning necessary
Transplant	Transplant when true leaves begin to form (these follow the two seed leaves which are the first to emerge). This usually occurs 2-3 weeks after planting (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

Butter-head Lettuce

PLANTING

Sprinkle **only 4-5 seeds** evenly over moist soil, then barely cover with a light sprinkling of soil

GROWING

Germination	10-14 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	45-70˚ (60-68˚ to sprout) **Seeds can enter thermal dormancy when exposed to high temperatures**
Thinning	Remove weaker seedlings when the 2 strongest seedlings are about 2". Cut weaker seedlings off at soil level with scissors being careful not to disturb the remaining seedlings
Transplant	Transplant 3-4 weeks after planting (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic Starter & Transplanter Fertilizer

Radish

PLANTING

Sprinkle **only 8-10 seeds** over moist soil, then cover with 1/2" layer of soil (do not pack)

GROWING

Germination	4-10 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	45-85˚ (70-75˚ to sprout)
Thinning	Thin to 5 seedlings. Cut unwanted seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedlings
Transplant	Transplant 2 weeks after planting (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

2 Transplant

Vegetable Garden Kit: Part 2

SPADE TO FORK

Good or bad, rain or shine, we'd love to hear from you! Contact us via email or phone below, we're always happy to help in whatever way we can!

Email
hello@spadetofork.com

Telephone
541.887.0520

Cherry Tomato

TRANSITIONING TO OUTDOORS

When seedling is 3-4" and outside temperatures are 60˚ or warmer, begin hardening off your tomato plant. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 12" deep x 12" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	60-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Water seedling 2 hours before transplanting.

Gently remove seedling from its peat pot by squeezing the sides to help loosen and separate. Set tomato transplant into the prepared soil, burying the stem up to the bottom two sets of leaves.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Green Bean

TRANSITIONING TO OUTDOORS

When seedling is 2 weeks old and outside temperatures are between 50-85˚, begin hardening off your bean plant. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 12" deep x 12" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	50-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Water seedling 2 hours before transplanting.

Place seedling with peat pot whole into the prepared hole so roots are not disturbed. Bury peat pot with soil and water thoroughly.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Carrot

TRANSITIONING TO OUTDOORS

About 2-3 weeks after planting, when seedlings true leaves begin to form (these follow the two seed leaves which are the first to emerge) begin hardening off. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 10" deep x 8" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	45-90˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Be sure to water seedlings 2 hours before transplanting.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Set carrot transplants into the prepared soil 1-2" apart and lightly firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Butter-head Lettuce

TRANSITIONING TO OUTDOORS

When seedling is 3-4 weeks old and outside temperatures are between 45-70˚, begin hardening off your lettuce plants. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight or for hot climates plant in semi-shade
Container	Minimum 12" wide x 12" deep container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic Starter & Transplanter or similar
Temperature	45-70˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig 2 holes 6" apart.

Water seedlings 2 hours before transplanting.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Set lettuce transplants into the prepared soil 6" apart and lightly firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Radish

TRANSITIONING TO OUTDOORS

When seedlings are 2 week old and outside temperatures are between 45-85˚, begin hardening off your radish plants. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight or for hot climates plant in semi-shade
Container	Minimum 8" deep x 8" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	45-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Water seedlings 2 hours before transplanting.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Carefully set radish transplants into the prepared soil and lightly firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

3 Harvest

Vegetable Garden Kit: Part 3

SPADE TO FORK

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Email
hello@spadetofork.com

Telephone
541.887.0520

Cherry Tomato

Harvest when fruit is bright red and comes off the stem easily.

BRINGING TO HARVEST

These sun-loving plants cannot survive frost. If cool weather is approaching and your tomatoes have not fully ripened here are steps you can take.

- Water less frequently. This makes the plant concentrate on ripening fruit rather than growing and creating more foliage.
- Pick fully formed green fruit and let ripen indoors. Put green tomatoes in a paper bag and leave on the counter to ripen.

PRESERVING YOUR HARVEST

For best flavor, store ripe tomatoes at room temperature indoors (65°-70°). At room temperature tomatoes will keep for 4 to 7 days.

Tomatoes can be canned or dried but the easiest way to preserve tomatoes is freezing them. To freeze tomatoes, wash them, remove stems and then dry. Place tomatoes on a baking tray in the freezer. Once frozen, store tomatoes in freezer bags or airtight containers. Frozen tomatoes will stay good in the freezer for up to a year. Use them throughout the year in sauces, chilis and soups!

Green Bean

Pick beans when pods are young and tender, about 3 inches long or just before seeds begin to bulge and grow plump.

EXTENDING THE HARVEST

Continuing to pick young and tender pods will keep the plant producing. When seeds are allowed to bulge and fully mature on the bush the plant will stop producing and die.

PRESERVING YOUR HARVEST

- Green beans can be kept up to one week in the refrigerator. Store beans in airtight bags or containers. Do not wash beans before refrigerating.

- Green beans can be stored frozen for up to one year. To freeze green beans rinse in cool water and then drain. Cut the ends of the beans off. Put green beans into rapidly boiling water for 3 minutes. Remove beans from boiling water and immediately plunge into a bowl of ice water. Keep them in ice water for 3 minutes. Drain well and dry. Place beans on a baking tray in the freezer. Once frozen, store green beans in freezer bags or airtight containers.

- Green beans can be pickled or canned as well.

Carrot

Harvest carrots when tops are ½" in diameter or larger at soil surface. This will occur approximately 50-60 days after planting.

STORING YOUR HARVEST

- Carrots can be left in the ground until ready to use as long as the ground does not freeze.
- To store freshly-harvested carrots, cut off all but ½ inch of the tops, scrub off any dirt under cold running water, and air-dry. Place in airtight bags or containers, and refrigerate. If you simply put fresh carrots in the refrigerator, they'll go limp in a few hours. In airtight containers carrots will store in the refrigerator for 1 to 3 months.
- Carrots can be stored frozen for up to 6 months. To freeze carrots rinse in cool water and then peel. Cut the tops of carrots off. Put into rapidly boiling water for 5 minutes. Remove carrots from boiling water and immediately plunge into a bowl of ice water. Keep them in ice water for 3 minutes. Drain well and dry. Place carrots on a baking tray in the freezer. Once frozen, store carrots in freezer bags or airtight containers.

Butterhead Lettuce

Lettuce will be ready to harvest 45-55 days after planting.

HARVESTING

Harvest whole heads or individual leaves with a sharp knife or garden pruner.

If you don't want to harvest the entire plant at once, snip outer leaves allowing younger leaves at the center to continue growing for later use. Continue harvesting each time outer leaves grow to full size.

If harvesting the whole head do so when leaves begin to cup inward and form a rosette about 6 inches in diameter.

STORING YOUR HARVEST

Butterhead lettuce will keep in the refrigerator for 1-2 weeks. Rinse lettuce in cold water then dry. Wrap in a paper towel and keep inside an airtight bag or container in the refrigerator.

Radish

Radishes will be ready to harvest 30-40 days after planting.

HARVESTING

Harvest when roots (the radishes themselves) are approximately 1'' in diameter at the soil surface. Do not leave radishes in the ground long after their mature stage, as their condition will deteriorate quickly.

STORING & PRESERVING YOUR HARVEST

- Cut the tops and the thin root tail off, wash the radishes, and dry them thoroughly. Store in an airtight bag or container in the refrigerator for up to two weeks.
- Pickling radishes is an easy and quick way to preserve your harvest. Simply slice your radishes as thinly as you can and place in a clean pint size jar. In a separate bowl combine 1/2 cup apple cider vinegar, 1 tbsp sugar, 1 1/2 tsp salt and 1 cup hot water. Stir until salt and sugar are dissolved then pour over jar of radishes. Let sit for 1 hour then cover and place in the refrigerator. Pickled radishes will keep up to 3 weeks in the refrigerator.

1 Plant & Grow

Edible Flower Garden Kit: Part 1

SPADE TO FORK

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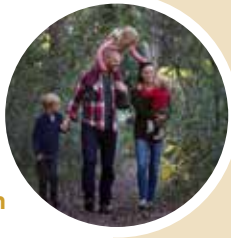
Welcome!



Thank you so much for joining our Spade to Fork family! We love all of our friends and fellow gardeners, so please reach out to us if we can help in any way.

We are a small, family-run business from rural Oregon and your purchase means so much to us.

Spade to Fork started from our love for teaching our own three children the value of growing their own food, and we couldn't be happier to have you along with us on our adventure.

Much love from our family to yours, and happy growing!

Kit contents

5 OMRI listed peat pots

5 OMRI listed soil discs

5 tubes of organic & non-GMO seeds

5 custom wood plant marker labels

Our 'Grow Guarantee'

If at any time for any reason you are dissatisfied with your grow kit, we will immediately refund or replace it for you no questions asked!

Planning Your Garden

Before getting started, it's important to plan out the timing of your garden. Though seeds can begin indoors, they will need to be transplanted within a short amount of time to a larger container or garden space outdoors.

Garden planning is typically based around the last frost date for your area. There are some flowers such as dill that don't mind the cold, where others such as sunflowers need a warm environment to thrive. Knowing the best time of year to plant each flower outdoors will help you plan when you should start your seeds indoors.

NOTE: If you plan to create an indoor grow space, this does not apply. See more details about this in the next pamphlet section, "Indoor Gardening".

Go to **www.almanac.com/gardening/frostdates** to find out the last frost date of the winter/spring and the first frost date of the fall/winter to know your growing season. Use the growing guides below to determine the best time to start your seeds.

	Earliest date to start indoors (before last frost)	Safe temp to plant outdoors	Days to harvest
Borage	3-4 weeks	55-85°	50-60
Sunflower	2-3 weeks	60-85°	75-80
Thai Basil	4 weeks	55-85°	60-70
Dill	3-4 weeks	45-80°	45-55
Nasturtium	2 week	50-80°	55-65

Indoor Gardening

Setting up an indoor garden is a wonderful option for city dwellers and those with limited outdoor space. It is also a great way to extend your growing season.

SUNSHINE & GROW LIGHTS
The key to successful indoor gardening is proper lighting. Where bright windowsill light is usually sufficient to start seedlings, growing strong and healthy flowers indoors does require the addition of grow lights. Here are our recommendations for grow lights:

- **Full spectrum LED or fluorescent (either regular or compact bulbs) light sources**
- **Height adjustable to accommodate your growing plants**
- **Large enough light source for all of your growing plants**

LED & FLUORESCENT
Full spectrum LED grow lights provide all the light temperatures plants need to grow. They also do not generate much heat so you can put your plants closer to the lights to give them high light levels without burning them. Though LEDs cost a bit more up front, they are super-efficient, using half the electricity and lasting 5x longer than fluorescent bulbs.

Fluorescent lights are more affordable to buy, and may be a good choice if you're new to indoor gardening or want to grow just a few plants. We recommend choosing a 4100K bulb for best all around light for your indoor flower garden.

LIGHT LEVELS & GROWING LOCATION
Sunflowers and dill require the highest levels of light. They also take up the most space, each plant growing to about 24" in height. Basil, borage and nasturtiums can tolerate low to medium light levels and stay relatively small. Keep this in mind when choosing your lights and your indoor growing location.

Avoid White Fuzz (fungus) Growth on Your Soil & Pots

The wrong growing conditions can cause a harmless, white fuzz (saprophytic fungi) to grow on your pots and soil. Follow the steps below to keep your plants strong, healthy and fungus free.

TOO MUCH WATER
This harmless fungus grows best in wet environments with little air flow. In nearly all cases, the white fuzz begins to develop due to overwatering—either too much or too frequent. Once your seeds have sprouted, begin allowing your pots and the top 1/2" of your soil to dry slightly between each watering.

NOT ENOUGH SUNLIGHT
Direct sunlight or grow lights not only make your plants grow strong and healthy, they also help to dry your soil and pots between waterings. Be sure that you position your growing seedlings in a warm and brightly lit area for at least 6-8 hours per day.

NOT ENOUGH AIRFLOW
Saprophytic fungi cannot grow in well-ventilated locations. Place a small fan on a low setting near your planted pots during the day. This helps to evaporate the water from your pots and soil between waterings. It also makes your plant stems grow strong and hearty like they would if they were growing outdoors.

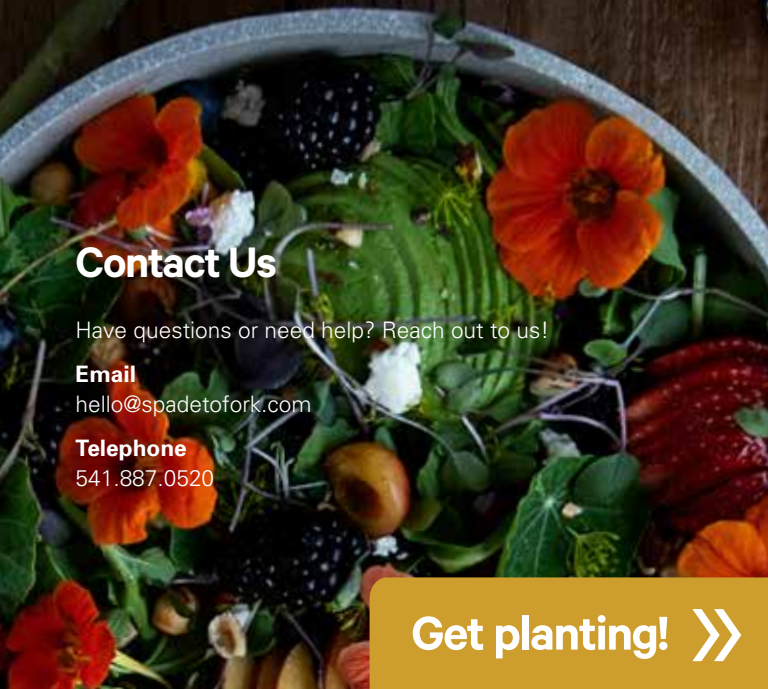
HELPFUL TIP - HYDROGEN PEROXIDE SPRAY
If white fuzz is already growing on your pots or soil, lightly spray household hydrogen peroxide (3%) on all affected surfaces, being careful to avoid your delicate growing seedlings when possible. Let your pots dry in full sun and fresh air and the fungus will disappear.

Our ‘Grow Guarantee’

Bottom line–we are here for you!

If at any time and for any reason you are unhappy with one of our products or grow kits, you have our 100% guarantee that we will either replace your item or refund your payment immediately, no questions asked.

We care about you like family and we want you to have the best experience possible, guaranteed!



Contact Us

Have questions or need help? Reach out to us!

Email
hello@spadetofork.com

Telephone
541.887.0520

Get planting! »

Key Basics for Planting & Growing

The key tips below will get you off to a good start, but each flower has its own special needs, so be sure to read each specific flower page in this pamphlet.

TEMPERATURE, SUNSHINE & GROW LIGHTS
Your seeds require specific temperatures to sprout. After germination, your seedlings will grow best with lots of light and sunshine, so choose a spot in your home that gets 6-8 hours per day or put them under grow lights.

WATERING
Germination stage: During the first 7-20 days, it is key that your seeds, and the top 1/2" of soil they've been planted in, stay consistently moist but not soggy. Water in small increments each day to achieve this. Use more than a spray bottle so the water reaches the seeds under the soil.

Post-sprouting stage: Once your seeds have sprouted and are growing strongly, begin transitioning your watering schedule to allow the top 1/2" of soil to get nearly dry between each watering. This will help to prevent root rot and harmless white fuzz (saprophytic fungus —see earlier pamphlet panel for more details) from forming on your pots or soil surface.

AIR FLOW
Make sure that your seedlings are in a well-ventilated area, with lots of fresh air. We recommend using a small fan to create a light breeze across your pots and soil. This encourages strong stems and greatly reduces the chance of any fungal growth.

WATCH THE VIDEO

Are you a visual person like us? Watch our helpful how-to video by typing this link into your internet browser or pointing your smartphone's camera or barcode scanner at this handy QR code box!
LINK: http://qrs.ly/ji7lg8e

Preparing Your Soil & Getting Ready to Plant!

Your organic soil discs make the perfect seed starting soil. Follow these instructions to prepare your soil discs for seed planting.

NOTE: each expanded soil disc, fully hydrated, produces enough soil to fill each pot plus an extra half cup.

1. Place one soil disc in an empty bowl
2. Heat 1 cup (8oz) of water to warm/hot bath water temperature
3. Pour ½ of the water into the bowl and allow the soil disc to soak it up. Then, pour the rest of the cup of water over the disc while stirring with a fork. Soil discs take 2-3 minutes to expand and work fastest with warmer water
4. Be patient and give the 8oz of water several minutes to soak into the soil. Careful – overly soggy soil can cause mold and root rot
5. Fluff the soil using your fingers or a fork – it should be loose, light, slightly damp and should not feel soggy
6. Now, scoop loose handfuls of the soil into your first pot (do not pack densely). Let it sit lightly in the pot for best airflow. Fill pot to ½ inch from the rim, being sure to save a little soil to cover your planted seeds
7. Continue to the next page to find the specific planting instructions for the flowers you would like to plant first! Repeat the steps above for each pot and soil disc in your kit.

Happy planting!

Borage

PLANTING

Sprinkle **only 4 seeds** over moist soil, then cover with 1/4" layer of soil (do not pack)

GROWING

Germination	7-14 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Sunlight	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	55-85˚ (70-75˚ to sprout)
Thinning	Thin to 2 seedlings. Cut unwanted seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedlings
Transplant	Transplant when seedlings have at least 3-4 leaves per plant and outside temperatures are 55˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

Sun-flower

PLANTING

Sprinkle **only 4 seeds** over moist soil, then cover with 1/2" layer of soil (do not pack)

GROWING

Germination	7-14 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	60-85˚ (70-75˚ to sprout)
Thinning	Thin to 2 seedlings. Cut unwanted seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedlings
Transplant	Transplant when seedlings have at least 3-4 leaves per plant and outside temperatures are 60˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

Thai Basil

PLANTING

Sprinkle **only 5-10 seeds** evenly over moist soil, then cover with 1/8" layer of soil (do not pack)

GROWING

Germination	5-12 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	55-85˚ (65-70˚ to sprout)
Thinning	No thinning necessary
Transplant	Transplant when seedlings have at least 3-4 leaves per plant and outside temperatures are 55˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

Dill

PLANTING

Sprinkle **only 5-10 seeds** evenly over moist soil, then cover with 1/4" layer of soil (do not pack)

GROWING

Germination	7-21 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	45-70˚ (65-70˚ to sprout)
Thinning	No thinning necessary
Transplant	Transplant when seedlings have at least 2-4 leaves per plant and outside temperatures are 45˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

Nasturtium

PLANTING

Sprinkle **only 5 seeds** over moist soil, then cover with 1/2" layer of soil (do not pack)

GROWING

Germination	10-20 days to see sprouts
Water	2–3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	50-85˚ (65-70˚ to sprout)
Thinning	No thinning necessary
Transplant	Transplant when seedlings have at least 3-4 leaves per plant and outside temperatures are 50˚ or warmer (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then once every month top dress soil with organic fertilizer and water in thoroughly. We recommend using Spade To Fork Organic All-Purpose Fertilizer.

2 Transplant

Edible Flower Garden Kit: Part 2

SPADE TO FORK

Good or bad, rain or shine, we'd love to hear from you! Contact us via email or phone below, we're always happy to help in whatever way we can!

Email
hello@spadetofork.com

Telephone
541.887.0520

Borage

TRANSITIONING TO OUTDOORS

When seedlings have at least 3-4 leaves per plant and outside temperatures are 55˚ or warmer, begin hardening off your borage. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 12" deep x 12" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	55-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Water seedlings 2 hours before transplanting.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate, being careful to not disturb the roots. Set seedlings into the prepared soil, burying their stems up to the bottom two sets of leaves.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Sun-flower

TRANSITIONING TO OUTDOORS

When seedlings have at least 3-4 leaves per plant and outside temperatures are 60˚ or warmer, begin hardening off your sunflowers. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 12" deep x 12" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	60-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Water seedlings 2 hours before transplanting.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Place seedlings with peat pot whole into the prepared hole so roots are not disturbed. Bury peat pot with soil and water thoroughly.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Thai Basil

TRANSITIONING TO OUTDOORS

When seedlings have at least 3-4 leaves per plant and outside temperatures are 55˚ or warmer, begin hardening off your plants. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours of direct sunlight
Container	Minimum 8" deep x 8" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	55-85˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Water seedlings 2 hours before transplanting.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Set seedlings into the prepared soil and lightly firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Dill

TRANSITIONING TO OUTDOORS

When seedlings have at least 2-4 leaves per plant and outside temperatures are 45˚ or warmer, begin hardening off your dill plants. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight
Container	Minimum 12" deep x 12" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	45-80˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Water seedlings 2 hours before transplanting.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate, being careful to not disturb the roots. Set dill plants into the prepared soil and lightly firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Nasturtium

TRANSITIONING TO OUTDOORS

When seedlings have at least 3-4 leaves per plant and outside temperatures are 50˚ or warmer, begin hardening off your plants. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight or partial shade in hot climates
Container	Minimum 12" deep x 12" wide container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic All-Purpose Fertilizer or similar
Temperature	50-80˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Water seedlings 2 hours before transplanting.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate, being careful to not disturb the roots. Set nasturtiums into the prepared soil and lightly firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

3 Harvest

Edible Flower Garden Kit: Part 3

SPADE TO FORK

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Email
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Borage

Borage makes vivid blue star-shaped flowers that have a cucumber-like flavor.

FLOWER HARVEST

Borage will reach maturity in about eight weeks after planting. Flowers can be picked as soon as they open. Regularly remove spent flower to extend the plant's bloom period.

USES & STORAGE

Add borage flowers to salads, soups, sauces, vegetables, fish and poultry dishes. Freeze flowers in ice cubes or drop freshly picked flowers in drinks. The flowers are also lovely candied for cake, ice cream and other desserts.

Flowers are best used shortly after picking, but can be stored in airtight containers in the refrigerator for 2-4 days. Freezing flowers in ice cubes is best for long term storage.

Sunflower

Sunflowers have bright yellow petals with brown centers that ripen into heads filled with delicious seeds. This is a branching dwarf variety that produces multiple flowers perfect for vases.

FLOWER HARVEST

For bouquets, cut flowers when they are just beginning to open for longest vase life.

Harvest flowers when completely open if drying. Hang flowers upside down in a dry and warm environment.

Fresh flower petals can be used in salads and desserts or infused in oil.

SEED HARVEST

Let the flower head dry on the plant. It is ready to harvest when the back of the head turns brown and the petals fall out.

Harvested seeds are delicious roasted. Seeds can also be made into sunflower oil.

Thai Basil

Thai basil produces beautiful purple flowers and stems. The flowers and leaves have a spicy basil favor with notes of anise and cloves.

FLOWER & LEAF HARVEST

Thai basil leaves can begin to be harvested 4-5 weeks after planting. To harvest leaves always pick from the top down and be gentle removing the leaves as they bruise easily. Pick flowers when they bloom. Removing flowers as they bloom will extend the plant's life.

USES & STORAGE

Leaves can be enjoyed raw or cooked. Thai basil is a key ingredient in many Southeast Asian dishes such as in curries and pho. It can also be used in place of Italian basil in pestos, salads and dressings.

Flowers make an excellent garnish to salads, soups, fruit, and vegetable dishes and can be used as a tea or infused in oil and vinegar.

Thai basil can be kept in the refrigerator for up to a week when stored in a vase or cup with water, like a bouquet.

When blended with oil, leaves can be frozen for long term storage.

Dill

Dill produces large yellow blooms and feathery leaves. Its flavor is fresh and tangy, very similar in taste to tarragon.

FLOWER & LEAF HARVEST

Dill leaves can begin to be harvested 6-8 weeks after planting. Choose the older, larger leaves first.

When flowers are open and bright yellow-green they are ready to be picked.

USES & STORAGE

Not only are dill flowers lovely for flower arrangements, the flowers make an excellent garnish for soups, dips and sauces as well as in pickling. If flowers are left on the plant to brown and dry, they produce flavorful seeds. The seeds can be used whole or ground and added to breads, soups and vegetable dishes.

Fresh dill leaves are excellent in potato salad, marinades, sauces, salads and fish, lamb and egg dishes.

Leaves and seeds can be dried and stored for future use. Store in a dark location to best preserve flavor.

Nasturtium

Nasturtium produce scarlet to orange colored blooms with dark blue-green leaves. Both flowers and leaves have a peppery, spicy flavor.

FLOWER & LEAF HARVEST

Nasturtium leaves can begin to be harvested once the plant has reached 6 inches tall. Flowers can be harvested as soon as they open.

USES & STORAGE

Nasturtium flowers add flavor and color to salads, butters and sandwiches and make excellent garnishes for dishes and drinks.

Nasturtium leaves can be used in pestos and salads or in place of spinach in recipes.

Flowers can be infused in vinegar or dried for long term storage.

1 Plant & Grow

Lettuce & Greens Kit: Part 1

SPADE TO FORK

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Email
hello@spadetofork.com

Telephone
541.887.0520

Welcome!

Thank you so much for joining our Spade to Fork family! We love all of our friends and fellow gardeners, so please reach out to us if we can help in any way.

We are a small, family-run business from rural Oregon and your purchase means so much to us.

Spade to Fork started from our love for teaching our own three children the value of growing their own food, and we couldn't be happier to have you along with us on our adventure.

Much love from our family to yours, and happy growing!

Kit contents

5 OMRI listed peat pots

5 OMRI listed soil discs

5 tubes of organic & non-GMO seeds

5 custom wood plant marker labels

Our 'Grow Guarantee'

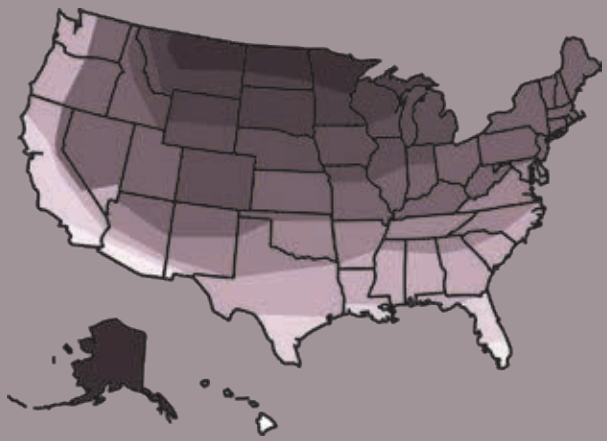
If at any time for any reason you are dissatisfied with your grow kit, we will immediately refund or replace it for you no questions asked!

Planning Your Garden

Before getting started, it's important to plan out the timing of your garden. Though seeds can begin indoors, they will need to be transplanted within a short amount of time to a larger container or garden space outdoors.

Garden planning is typically based around the frost dates for your area. The salads and greens included in this kit all prefer cooler temperatures. They are ideally grown during spring and fall (or winter in tropical areas) avoiding the heat of the summer.

NOTE: If you plan to create an indoor grow space, this does not apply. See more details about this in the next section of this pamphlet titled "Indoor Gardening".



Go to **www.almanac.com/gardening/frostdates** to find out the last frost date of the winter/spring and the first frost date of the fall/winter to know your growing season for your location. Then, use the growing guides below to determine the best time to start your seeds.

	Earliest date to start indoors (before last frost)	Safe temp to plant outdoors	Days to harvest
Arugula	3-4 weeks	45-65˚	35-40
Spinach	3-4 weeks	40-70˚	40-45
Loose Leaf Lettuce	3-4 weeks	45-70˚	40-45
Kale	4-6 weeks	35-70˚	40-50
Red Romaine	3-4 weeks	45-70˚	50-60

Indoor Gardening

Setting up an indoor garden is a wonderful option for city dwellers and those with limited outdoor space. It is also a great way to extend your growing season.

SUNSHINE & GROW LIGHTS
The key to successful indoor gardening is proper lighting. Where bright windowsill light is usually sufficient to start seedlings, growing strong healthy lettuces and greens indoors does require the addition of grow lights. Here are our recommendations for grow lights:

- **Full spectrum LED or fluorescent (either regular or compact bulbs) light sources**
- **Height adjustable to accommodate your growing plants**
- **Large enough light source for all of your growing plants**

LED & FLUORESCENT
Full spectrum LED grow lights provide all the light temperatures plants need to grow. They also do not generate much heat so you can put your plants closer to the lights to give them high light levels without burning them. Though LEDs cost a bit more up front, they are very efficient, using half the electricity and lasting 5x longer than fluorescent bulbs.

Fluorescent lights are more affordable to buy, and may be a good choice if you're new to indoor gardening or want to grow just a few plants. For best results, we recommend choosing a 6500K bulb for growing lettuce and greens.

LIGHT LEVELS & GROWING LOCATION
Lettuce and greens grow best in cooler temperatures. Choose a location indoors that won't get too warm. You can solely use grow lights or use a combination of window light and grow lights to grow your lettuce and greens. Be sure your grow light(s) are large enough to reach all of your plants.

Avoid White Fuzz (fungus) Growth on Your Soil & Pots

The wrong growing conditions can cause a harmless, white fuzz (saprophytic fungi) to grow on your pots and soil. Follow the steps below to keep your plants strong, healthy and fungus free.

TOO MUCH WATER
This harmless fungus grows best in wet environments with little air flow. In nearly all cases, the white fuzz begins to develop due to overwatering—either too much or too frequent. Once your seeds have sprouted, begin allowing your pots and the top 1/2" of your soil to dry slightly between each watering.

NOT ENOUGH SUNLIGHT
Direct sunlight or grow lights not only make your plants grow strong and healthy, they also help to dry your soil and pots between waterings. Be sure that you position your growing seedlings in a warm and brightly lit area for at least 6-8hrs per day.

NOT ENOUGH AIRFLOW
Saprophytic fungi cannot grow in well-ventilated locations. Place a small fan on a low setting near your planted pots during the day. This helps to evaporate the water from your pots and soil between waterings. It also makes your plant stems grow strong and hearty like they would if they were growing outdoors.

HELPFUL TIP - HYDROGEN PEROXIDE SPRAY
If white fuzz is already growing on your pots or soil, lightly spray household hydrogen peroxide (3%) on all affected surfaces, being careful to avoid your delicate growing seedlings when possible. Let your pots dry in full sun and fresh air and the fungus will disappear.

Our 'Grow Guarantee'

Bottom line–we are here for you!

If at any time and for any reason you are unhappy with one of our products or grow kits, you have our 100% guarantee that we will either replace your item or refund your payment immediately, no questions asked.

We care about you like family and we want you to have the best experience possible, guaranteed!

Contact Us

Have questions or need help? Reach out to us!

Email
hello@spadetofork.com

Telephone
541.887.0520

Get planting! »

Key Basics for Planting & Growing

The key tips below will get you off to a good start, but each lettuce and green has its own special needs, so be sure to read each specific plant page in this pamphlet.

TEMPERATURE, SUNSHINE & GROW LIGHTS
Your seeds require specific temperatures to sprout. After germination, your seedlings will grow best with lots of light and sunshine, so choose a spot in your home that gets 6-8hrs per day or put them under grow lights.

WATERING
Germination stage: During the first 7-14 days, it is key that your seeds, and the top 1/2" of soil they've been planted in, stay consistently moist but not soggy. Water in small increments each day to achieve this. Use more than a spray bottle so the water reaches the seeds under the soil.

Post-sprouting stage: Once your seeds have sprouted and are growing strongly, begin transitioning your watering schedule to allow the top 1/2" of soil to get nearly dry between each watering. This will help to prevent root rot and harmless white fuzz (saprophytic fungus—see earlier pamphlet panel for more details) from forming on your pots or soil surface.

AIR FLOW
Make sure that your seedlings are in a well ventilated area, with lots of fresh air. We recommend using a small fan to create a light breeze across your pots and soil. This encourages strong stems and greatly reduces the chance of any fungal growth.

WATCH THE VIDEO

Are you a visual person like us? Watch our helpful how-to video by typing this link into your internet browser or pointing your smartphone's camera or barcode scanner at this handy QR code box!
LINK: http://qrs.ly/ji7lg8e

Preparing Your Soil & Getting Ready to Plant!

Your organic soil discs make the perfect seed starting soil. Follow these instructions to prepare your soil discs for seed planting.

NOTE: each expanded soil disc, fully hydrated, produces enough soil to fill each pot plus an extra half cup.

1. Place one soil disc in an empty bowl
2. Heat 1 cup (8oz) of water to warm/hot bath water temperature
3. Pour ½ of the water into the bowl and allow the soil disc to soak it up. Then, pour the rest of the cup of water over the disc while stirring with a fork. Soil discs take 2-3 minutes to expand and work fastest with warmer water
4. Be patient and give the 8oz of water several minutes to soak into the soil. Careful – overly soggy soil can cause mold and root rot
5. Fluff the soil using your fingers or a fork – it should be loose, light, slightly damp and should not feel soggy
6. Now, scoop loose handfuls of the soil into your first pot (do not pack densely). Let it sit lightly in the pot for best airflow. Fill pot to ½ inch from the rim, being sure to save a little soil to cover your planted seeds
7. Continue to the next page to find the specific planting instructions for the lettuce and greens you would like to plant first! Repeat the steps above for each pot and soil disc in your kit.

Happy planting!

Arugula

PLANTING

Sprinkle **only 5-6 seeds** evenly over moist soil, then cover with 1/8" layer of soil (do not pack)

GROWING

Germination	5-7 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	45-65˚ (60-65˚ to sprout)
Thinning	Thin seedings to the 3 strongest seedlings just before transplanting. Remove weaker seedlings by cutting off at soil level with scissors
Transplant	Transplant when seedlings are 2", about 2 weeks after planting (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic Starter & Transplanter Fertilizer.

Spinach

PLANTING

Sprinkle **only 6-8 seeds** evenly over moist soil, then cover with 1/2" layer of soil (do not pack)

GROWING

Germination	6-14 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	40-70˚ (65-70˚ to sprout)
Thinning	Remove weaker seedlings when the 3 strongest seedlings are about 1". Cut weaker seedlings off at soil level with scissors being careful not to disturb the roots
Transplant	Transplant when seedlings have 4-6 leaves each, about 3-4 weeks after planting (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic Starter & Transplanter Fertilizer.

Loose Leaf Lettuce

PLANTING

Sprinkle **only 5-6 seeds** evenly over moist soil, then barely cover with a light sprinkling of soil

GROWING

Germination	10-14 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	45-70˚ (60-68˚ to sprout) **Seeds can enter thermal dormancy when exposed to high temperatures**
Thinning	Remove weaker seedlings when the 2 strongest seedlings are about 2". Cut weaker seedlings off at soil level with scissors being careful not to disturb the roots
Transplant	Transplant when seedlings have 4-6 leaves, about 3-4 weeks after planting (See Pamphlet 2: "Transplant" for details) instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic Starter & Transplanter Fertilizer.

Kale

PLANTING

Sprinkle **only 5 seeds** evenly over moist soil, then cover with 1/2" layer of soil (do not pack)

GROWING

Germination	6-12 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	35-70˚ (60-68˚ to sprout)
Thinning	Remove weaker seedlings when the strongest seedling is about 2". Cut weaker seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedling
Transplant	Transplant when seedling has 5-7 leaves, about 6 weeks after planting (See Pamphlet 2: "Transplant" for detailed instructions)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic Starter & Transplanter Fertilizer.

Red Romaine

PLANTING

Sprinkle **only 5-6 seeds** evenly over moist soil, then barely cover with a light sprinkling of soil

GROWING

Germination	10-14 days to see sprouts
Water	2-3 oz per watering, or less. Allow the top 1/2" of soil to dry slightly between waterings. **DO NOT** overwater or white fuzz (fungus) will grow on pots and soil
Air	Well-ventilated room, use a small fan to increase airflow
Light	6-8hrs per day direct sun, or 12-16hrs per day grow lights
Temperature	45-70˚ (60-68˚ to sprout) **Seeds can enter thermal dormancy when exposed to high temperatures**
Thinning	Remove weaker seedlings when the 2 strongest seedlings are about 2". Cut weaker seedlings off at soil level with scissors being careful not to disturb the roots of the remaining seedling
Transplant	Transplant when seedlings have 4-6 leaves, about 3-4 weeks after planting (See Pamphlet 2: "Transplant" for details)

FERTILIZING

No fertilizer needed until transplant. Then monthly top dress soil with organic fertilizer and water in thoroughly. We recommend our specially formulated Spade To Fork Organic Starter & Transplanter Fertilizer.

2 Transplant

SPADE TO FORK

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541.887.0520

Arugula

TRANSITIONING TO OUTDOORS

When seedlings are 3" (about 2 weeks old) and outside temperatures are between 45-65˚, begin hardening off your seedlings. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight or for hot climates plant in semi-shade
Container	Minimum 12" wide x 12" deep container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic Starter & Transplanter or similar
Temperature	45-65˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig 3 holes 6" apart.

Water seedlings 2 hours before transplanting.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Set arugula transplants into the prepared soil 6" apart and gently firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Spinach

TRANSITIONING TO OUTDOORS

When seedlings have 4-6 leaves each (3-4 weeks old) and outside temperatures are between 40-70˚, begin hardening off your spinach. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight or for hot climates plant in semi-shade
Container	Minimum 12" wide x 12" deep container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic Starter & Transplanter or similar
Temperature	40-70˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole slightly larger than the size of the peat pot.

Water seedlings 2 hours before transplanting.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Set spinach transplants into the prepared soil, carefully avoiding disturbing their roots. Gently firm the soil around the seedlings.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Loose Leaf Lettuce

TRANSITIONING TO OUTDOORS

When seedlings have 4-6 leaves (3-4 weeks old) and outside temperatures are between 45-70˚, begin hardening off your lettuce plants. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight or for hot climates plant in semi-shade
Container	Minimum 12" wide x 12" deep container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic Starter & Transplanter or similar
Temperature	45-70˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig 2 holes 6" apart.

Water seedlings 2 hours before transplanting.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Set lettuce transplants into the prepared soil 6" apart and gently firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Kale

TRANSITIONING TO OUTDOORS

When seedling has 5-7 leaves (about 6 weeks old) and outside temperatures are between 35-70˚, begin hardening off your kale plant. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight or for hot climates plant in semi-shade
Container	Minimum 12" wide x 12" deep container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic Starter & Transplanter or similar
Temperature	35-70˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig a single hole several inches larger than the size of the peat pot.

Water seedling 2 hours before transplanting.

Gently remove seedling from peat pot by squeezing the sides to help loosen and separate. Set kale transplant into the prepared soil , burying the stem up to the first set of leaves.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

Red Romaine

TRANSITIONING TO OUTDOORS

When seedlings have 4-6 leaves (3-4 weeks old) and outside temperatures are between 45-70˚, begin hardening off your lettuce plants. Hardening off is the 1 week process of moving plants outdoors for part of each day to gradually introduce them to direct sunlight, dry or moist air, and cooler nights.

PREPARATION

Location	Choose a location that receives 6-8 hours direct sunlight or for hot climates plant in semi-shade
Container	Minimum 12" wide x 12" deep container with good drainage or garden bed
Soil	Organic potting mix
Fertilizer	Spade To Fork Organic Starter & Transplanter or similar
Temperature	45-70˚

TRANSPLANT

Best time of day to transplant is early in the morning, late in the afternoon or on a cloudy day.

Prepare new location by filling with potting mix and adding in fertilizer. Dig 2 holes 6" apart.

Water seedlings 2 hours before transplanting.

Gently remove seedlings from peat pot by squeezing the sides to help loosen and separate. Set lettuce transplants into the prepared soil 6" apart and gently firm the soil around them.

Continue to fertilize monthly during the growing season. Keep soil evenly moist for best growing.

3 Harvest

SPADE TO FORK

Good or bad, rain or shine, we'd love to hear from you! Contact us via email or phone below, we're always happy to help in whatever way we can!

Email
hello@spadetofork.com

Telephone
541.887.0520

Arugula

Arugula will be ready to harvest 35-40 days after planting.

HARVESTING

Harvest larger leaves with a sharp knife or garden pruner, leaving smaller leaves to keep the plant producing. You should get 2-3 regrowths from the same plant after each clipping.

After plants flower, the leaves can still be used but the taste is sharper. Flowers are also edible.

STORING YOUR HARVEST

Arugula will keep in the refrigerator for 4-5 days. Rinse in cold water then dry. Wrap in a paper towel and keep inside an airtight bag or container in the refrigerator.

For longer storage, arugula can be stored in an airtight container in the freezer for up to 1 year. First wash arugula in cold water. Put arugula into rapidly boiling water for 30 seconds. Remove from boiling water and immediately plunge into a bowl of ice water. Keep in ice water for 3 minutes. Drain well and dry. Lay out arugula on a baking tray in the freezer. Once frozen, store arugula in freezer bags or airtight containers.

Spinach

Spinach will be ready to harvest 40-45 days after planting.

HARVESTING

Harvest outer larger leaves with a sharp knife or garden pruner, leaving smaller inner leaves to keep the plant producing. Continue harvesting each time outer leaves grow to full size.

If plants start to flower, cut flowers off to help continue leaf production.

STORING YOUR HARVEST

Spinach will keep in the refrigerator for up to 1 week. Rinse spinach in cold water then dry. Wrap in a paper towel and keep inside an airtight bag or container in the refrigerator.

For longer storage, spinach can be stored in an airtight container in the freezer for up to 1 year. First wash spinach in cold water. Put spinach into rapidly boiling water for 1 minute. Remove from boiling water and immediately plunge into a bowl of ice water. Keep in ice water for 3 minutes. Drain well and dry. Lay out spinach on a baking tray in the freezer. Once frozen, store spinach in freezer bags or airtight containers.

Loose Leaf Lettuce

Lettuce will be ready to harvest 40-45 days after planting.

HARVESTING

Harvest outer leaves with a sharp knife or garden pruner, leaving inner leaves to keep the plant producing. Continue harvesting each time outer leaves grow to full size.

Lettuce will continue to produce new leaves until the plant begins to flower and produce lettuce seeds.

STORING YOUR HARVEST

Loose leaf lettuce will keep in the refrigerator for 1-2 weeks. Rinse lettuce in cold water then dry. Wrap in a paper towel and keep inside an airtight bag or container in the refrigerator.

Kale

Lettuce will be ready to harvest 40-50 days after planting.

HARVESTING

Harvest only the oldest leaves from the lowest section of the plant with a sharp knife or garden pruner, leaving the smaller inner leaves to keep the plant producing. Continue harvesting each time outer leaves grow to full size.

Remove yellowed or damaged leaves. If leaves are yellowing this is usually a sign that the plant needs to be harvested more frequenly.

STORING YOUR HARVEST

Kale will keep in the refrigerator for up to 1 week. Rinse kale in cold water then dry. Wrap in a paper towel and keep inside an airtight bag or container in the refrigerator.

For longer storage, Kale can be stored in the freezer for up to 8 months. First remove kale leaves from the stems and wash leaves in cold water. Put kale into rapidly boiling water for 2 minutes. Remove from boiling water and immediately plunge into a bowl of ice water. Keep in ice water for 3 minutes. Drain well and dry. Lay out kale on a baking tray in the freezer. Once frozen, store kale in freezer bags or airtight containers.

Red Romaine

Lettuce will be ready to harvest 50-60 days after planting.

HARVESTING

Harvest whole heads or individual leaves with a sharp knife or garden pruner.

If you don't want to cut the whole plant at once, snip outer leaves allowing younger leaves at the center to continue growing for later use. Continue harvesting each time outer leaves grow to full size.

If harvesting the whole head, do so when leaves begin to cup inward and plant is between 5-9" in height.

STORING YOUR HARVEST

Red romaine will keep in the refrigerator for 1-2 weeks. Rinse lettuce in cold water then dry. Wrap in a paper towel and keep inside an airtight bag or container in the refrigerator.