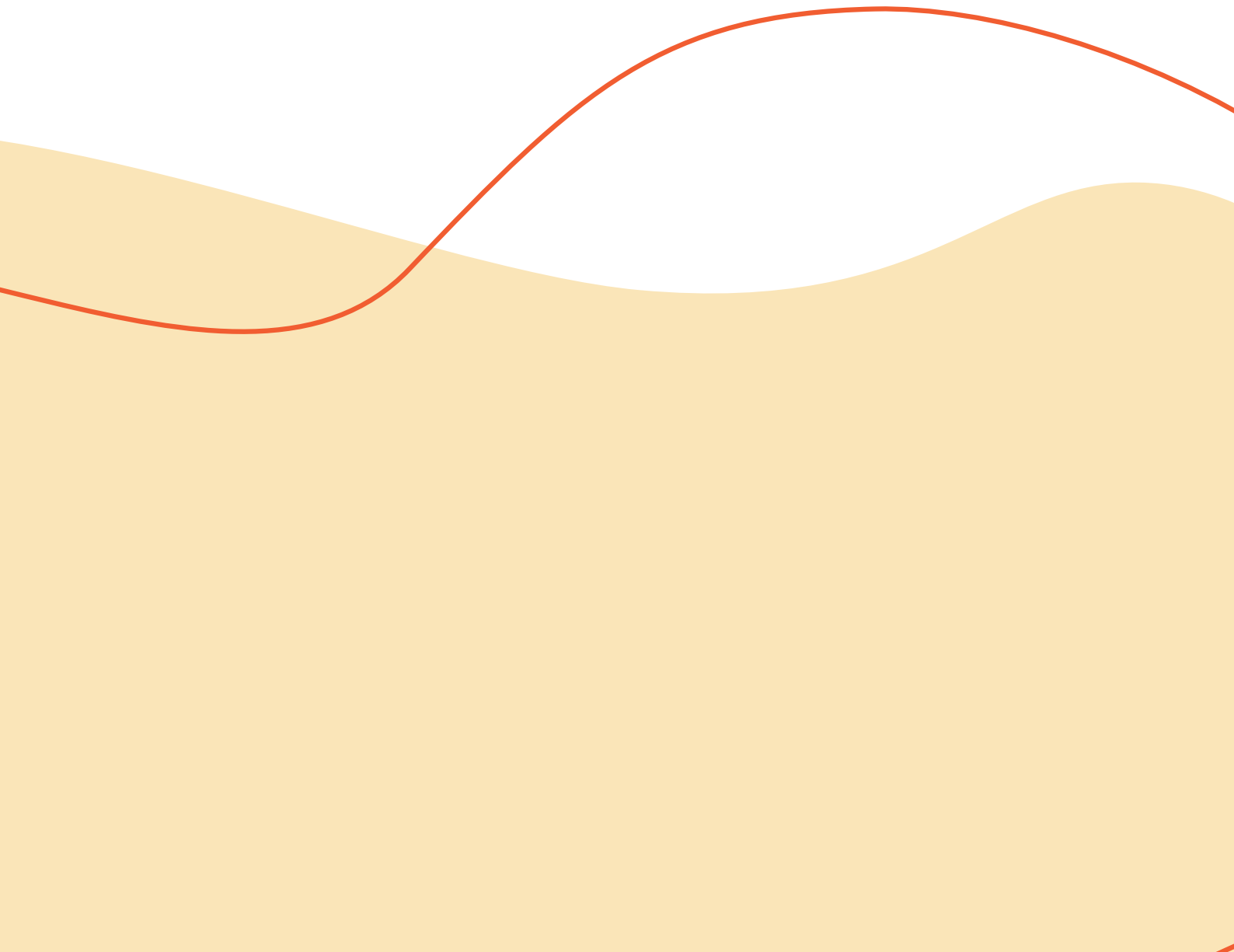


JUST VERTICAL COMMUNITY

GROW @ HOME PROGRAM



Let's get growing!

This is an amazing exercise to run with friends and family alike. The aim of this document is to give you the tools you need to grow your own plants at home (with the help of some free seeds!).

All you need to get started are:

- An empty egg carton
- The eggshells (optional but added fun)
- Clear plastic bag
- Soil
- Seeds



1 Getting Started

The first step is to get your empty egg carton, any size will do.

This will act as the 'pot' for your soil.

If you have any eggshells left keep those and clean them out as they act as great shells and additives for the soil.

2 Soil

Take your soil and fill the eggshells or the slots in the tray to about $\frac{3}{4}$ of the way full.

3 Planting

Now, plant your seeds just below the surface and lightly cover them with soil. You want to make sure not to compact the soil down too tightly or the seeds won't germinate.

4 Germination

Next, you want to create the greenhouse effect to help the seeds germinate. What that means is you want to add lots of humidity to the area around the seeds!

Start by heavily watering your soil, then take your plastic bag and cover the whole tray and seal it at the end. This will generate and hold humidity. You'll want to leave the plastic bag covering your sprouts until you see little bits of green poking up through the soil indicating that the plants have germinated.

5 Growing

When the plants have germinated take the plastic bag off and continue to water your plants normally. If you planted in eggshells you can move the whole eggshell and soil to the garden outdoors when it is ready. The eggshells will act as a great fertilizer adding calcium and other micronutrients to the soil.

GROW @ HOME PROGRAM

GOOD LUCK!

Make sure you tag @justvertical and share your amazing indoor creations!

Want to learn more about Just Vertical units and how you can grow indoors year-round? Click the button below to visit justvertical.com.

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