

HOW TO LOOK AFTER LIVING WHEATGRASS

Wheatgrass is a nutritious living plant that can be grown all year round. Grow it in a tray on your kitchen bench, or near indirect light.

This living green is sensitive to temperatures over 20 °C and harsh, direct sunlight. Here are a few tips to help you prolong the life of your living wheatgrass trays.

Step 1: Store your wheatgrass in a fridge or cool room. The cold temperature will extend the life of your wheatgrass by 1 - 2 weeks.

Step 2: Water your wheatgrass trays twice a day using a spray mist bottle. A light to medium watering is sufficient.

Step 3: Where possible, expose your wheatgrass trays to natural sunlight. Avoid hot, direct sunlight.

Step 4: If you are displaying your wheatgrass trays on a counter, store them in a fridge or cold room overnight.



For growing tips, visit our Learning Hub
at seedmart.com.au