

LEMON BALM

Lemon Balm can be started 6–8 weeks before the last spring frost date. Find your region's frost date here: www.almanac.com/content/frost-chart-united-states

START GROWING

1. Remove all contents from kraft tube.
2. Pour bag of grow medium into tube. Don't overfill—discard excess medium.
3. Gently agitate tube to level grow medium, creating a flat planting surface.
4. Remove cap and slowly add $\frac{1}{4}$ cup of water to grow medium. Pour in center of the tube and around perimeter. **Water may seep through tube, so place a coaster underneath it to prevent water damage.**
5. Sprinkle seeds on top of grow medium—lemon balm seeds need sun to germinate. Gently tamp the medium, and mist with a little water. Place tube in warm and sunny window (65°–75°F).
6. Touch just below the surface of the grow medium daily, and if it's not damp, spray with a little water.

Some seeds may fail to germinate (this is nature). If sprouts don't appear in 2–3 weeks, the seeds may have been planted too deep, growing medium is too dry, or temps are too low. In dry climates, consider creating a greenhouse effect by placing the empty grow medium bag over the tube. Punch a few holes for ventilation. Remove the bag once sprouts are 2" tall.

TRANSPLANTING

Transplant two weeks after last frost and once seedlings have 4 sets of true leaves.

You will need plant food, and if using a container, you will also need potting soil. Visit your local garden center for a healthy selection of organic offerings.

Plant in location with full sunlight. Prep your transplanting location—either container or ground—by digging a 4 ½" x 4 ½" hole.

Mix ½ gallon of a mild water and nutrient solution (¼ strength, follow nutrient's instructions). Pour solution in hole, reserving ½ cup of solution.

Pour remaining nutrient solution into tube.

Place the tube near the bottom of the hole, and gently remove the bottom cap. Recycle cap.

Bury the seed tube so that top of cup is even with the surface of the soil. Then fill in hole with soil.

Tamp the soil lightly with your hands and water the entire area to help the plant settle.

Lemon Balm prefers a moist, well-drained soil. A balanced plant food will ensure steady growth. Individual leaves may be picked as soon as the plant becomes established. Cut all stalks before the plant begins to bloom. Leaves are best used fresh—they turn brown and lose much of their scent when dried.

Kraft Seed Starter Kits are assembled in the USA of domestic and imported components.

Modern Sprout's Kraft Seed Starter Kits are biodegradable and use soy-based ink and water-based adhesive.

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