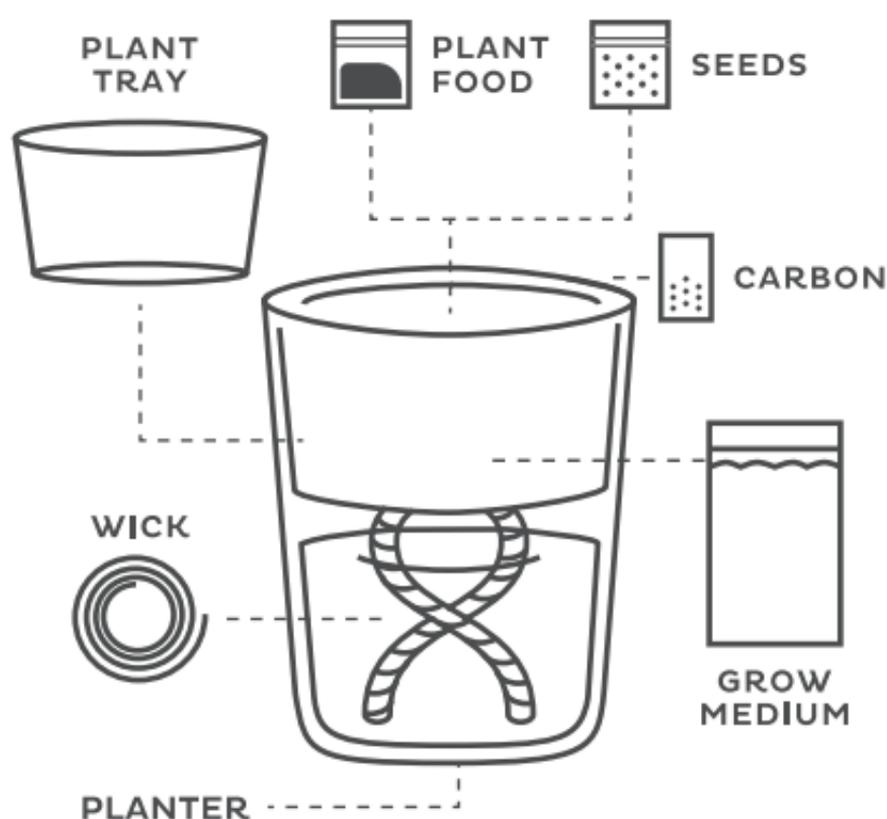


# Chamomile

## GROW KIT

### SELF-WATERING BAMBOO PLANTER



Before you start, consider the time of year and your region's climate. Chamomile thrives in temps between 65°F-75°F and with at least 6 hours of direct sunlight (an unobstructed south or west-facing window is best). Starting in Mar-Sept will provide longer days and thus optimal light. If starting during cooler months, it's recommended that you supplement natural light with a grow light (fluorescent or LED).

**Sprout Time: 7-14 days**

**Bloom Time: 2-3 months**

## Getting Started

1. Wash hands and remove all contents from planter.
2. Pour  $\frac{3}{4}$  cup water into planter.
3. Take a tray and with a sharp knife, carefully cut a  $\frac{1}{2}$ " X on the bottom center of tray. This is your plant tray.
4. Take wick, pinch center and thread through X.
5. Pull wick up so the wick ends measure around 2" and center loop measures 1  $\frac{1}{2}$ ". Add grow medium through and around wick. Cover wick with grow medium if exposed.
6. Carefully drop plant tray into planter.
7. Pour  $\frac{1}{4}$  cup water slowly into the plant tray, evenly around grow medium.
8. Pour carbon evenly over grow medium.
9. Sprinkle on seeds and gently tamp. Do not bury - chamomile seeds need sun to germinate.
10. Place planter in a warm and sunny window (65°F-75°F).
11. Touch the surface of the grow medium daily, and if it's not slightly damp, spray with a little water. Don't oversaturate.
12. Once sprouts develop, remove plant tray and pour out water.

**OVER >**

13. Mix 1 cup water and 1/8 tsp of plant food and pour through plant tray, carefully around sprouts. Solution will collect in reservoir.

Occasionally lift plant tray to determine if pot needs a refill. If so, repeat 13.

## Growing On

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, grow medium is too dry or wet, or temps are too low. In dry climates or during cooler months, consider creating a greenhouse effect by placing the empty grow medium bag over the planter. Punch a few holes for ventilation. Remove the bag once sprouts are 2" tall.

Sunlight, temperature, ventilation and humidity will impact how the growing medium holds moisture. **Ideally, the coco should be medium brown in color.** Coco that is dark brown in color is too wet and can develop mold. To achieve an optimal moisture level, you may need to adjust the watering frequency and volume to compliment your environment. The carbon is included to prevent mold from developing – it conditions the coco and manages moisture.

If plant appears weak and spindly, there is either not enough light or temps are not in the optimal range. Try a different window or consider supplementing with a grow light. During the outdoor growing season you can place the planter outside temporarily to jump start your sprouts (just be sure to bring the planter indoors if it rains).

If temps outside drop below 55°F, remove planter from window to prevent cold damage.

Harvest chamomile when flowers are in full bloom. Pinch stalk just below flower head.

## Transplanting

This Bamboo Planter is designed to grow a small chamomile plant; however, you can transplant the plant into a pot or the ground for a larger and more robust plant.

Transplant outside into a location with full sun after the threat of frost has passed, and sprouts have at least 3-4 sets of true leaves.

Harden off plant for 5-7 days by placing it outdoors in partial sun during the day, and bringing it indoors at night. Cut off plastic tray prior to transplanting.

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Bamboo Planters are assembled in the USA of domestic and imported components.

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