STEP 1

WET THE COCO COIR

Wet the Coco Coir Disk. Each disk will soak up about 2 oz of water. Pour some distilled or filtered water in a container, and gently place the coco coir in the water with the non covered side up. Watch it expand completely. If it soaked up all the water, add a little more. You’ll see the top of the disk become wet. It may take a few minutes for it to soak up all the way and make the top surface wet.

STEP 2

PREPARE FOR GERMINATION

Squeeze the bottoms. This prepares the coco coir to fit in the net cup. ***Do not place in cup yet, this doesn’t happen until after you see plants and roots.

Make a germination station. This can be a tupperware, baking dish or carryout box. You’ll need a way to keep it covered but let light in through the top.

STEP 3

PLANT THE SEEDS

Make a hole. Use a toothpick, a coffee stirrer, or your fingers and create a small hole in the middle. It should not be more than 1/8 inch deep.

Plant seeds. Put 1-2 seeds* in the hole, then cover with a light amount of coir. This is just enough to cover and keep the seed wet.

* If you are planting a masculin mix, you can put more seeds.
Snuggle all the pods together. Now that the seeds are planted, take all the coco coir disks and place them close together in your germination station. You want to get them sunggled real close together to keep each other warm. Put a little filtered or distilled water in the bottom, just a little bit will do. **Cover the container***. This keeps the humidity in. Place container under natural sunlight or a grow light. You'll want to keep your seeds in this germination station for at least 10-14 days.

*See step 5 for when to uncover

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**STEP 5**

**ENCOURAGE GERMINATION**

Uncover Container. Once you start to see the seeds pop and you see that they all have 2 leaves, remove the lid. You can remove the lid after the majority have germinated BUT if you keep it on but give it some airflow (or, even take off for part of day and put it back on) that helps.

P.S. If you're like us, you can talk to or sing to your plants to encourage germination :)  

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**HOW DO I KNOW WHEN TO MOVE MY PLANTS TO THE AGGRESSIVELY ORGANIC MICRO GROWTH CHAMBER?**

Check each pod to see if roots are growing out of the bottom of the coco coir. This typically happens between 10-14 days after planting. Some seeds will take longer than others, and each seed is different. The goal is to see enough root that when it is moved to the chamber that root will find the nutrients right away.
ASSEMBLE THE SYSTEM

Watch the video. Explaining this is a bit confusing, and its easier to watch a video at aggressivelyorganic.com/instructions. But here are the steps:

1: Enclose the system by bringing the two main flaps together and insert the tab on the side of the system into the slit on the side of the system.
2: Next, take the bottom lid with no writing on it and fold it over. When you do that, pull the small tab at the bottom and leave it to the side. Then slide the bottom lid with writing on it into the small tab.
3: Take the tab on the top and bend it over so it will support the first lid on the top.
4: Take your plastic liner and insert it through the hole to fill the system. It helps to fold it in, take your fingers and then push it inside. The liner should go to the edge.
5: Close the top lid and insert the tab into the top slit.

MIX SOLUTIONS

Mixing our nutrient solution is a 2 part process and will make 1 gallon of solution. In your package you will have a big nutrient solution packet and a small - calcium nitrate packet. Open up the big nutrient solution and pour 1 teaspoon (1 tsp) of it into a half gallon of distilled, filtered, or osmosis water. Shake the solution with the water, and then add another half gallon of water. Make sure that all the powder is dissolved in the water.

Once you are sure that all the powder from the big packet is dissolved and you don't see any powder settling on the bottom of the container, open up the white calcium nitrate (small packet) and take half teaspoon (1/2 tsp) add it to the container. Shake/mix. Also make sure this is dissolved.
**STEP 8**

**PUT PLANTS INTO SYSTEM**

You'll need your net cups and your germinated plants. You should be able to see the roots coming out through the coir.

Before you put the plants into the system, you'll need to add the nutrient solution mix into your system. Place your net cup into the system so you can see the middle line where you'll fill it up to. Look down into the system as you pour (we recommend using a funnel or a watering can so you don't get a lot of splash) and fill it up to the center line on the net cup.

Take your net cup out of the system, and lightly squeeze the germinated plant so it fits snugly inside of the cup. Make sure the plant sits below the halfway mark of the net cup and hits the bottom of the netcup. Flatten the coco coir at the top of the netcup to give it a more stable base.

Where we can err is not filling up up the nutrient solution high enough to the centerline of the net cup or you can't see enough roots out of the bottom of the coir.

Then, put your system under a light. Try to keep the light at 6 inches from the top of the plant. Guess, what? you're growing!

**STEP 9**

**CHECK NUTRIENT SOLUTION LEVELS**

When your plants are little they won't drink very much nutrient solution, but the bigger they get the more they will need. Refilling will happen more often as the plant gets bigger, but if you eat from it along the way, you'll notice they don't need as much either.

To check nutrient solution, open the door on the front of the chamber and see how much the bag is filled. If the fill line is below the window, use your finger to feel how much solution is still in the bag.

**YOU ONLY NEED TO REFILL WHEN THERE IS LESS THAN 1/2 INCH OF SOLUTION IN THE BAG.**
**REFILL A CHAMBER WITH NUTRIENT SOLUTION**

When you need to refill a chamber, mix up a gallon of solution. See step 7. Follow the same directions. When you have your solution mixed up, you’re ready to refill the chamber. Open the window on the front of the chamber so you can see the bag filling up. Carefully lift the netcup up so you’ll be able to see the roots of the plant. Don’t pull the roots out all the way, just enough so you can pour solution from your container into the hole at the top of the chamber.

As you pour the nutrient solution you’ll want to watch through the door. Fill up the chamber just over half way. The fill level should sit just at the top of the door.

Once it’s been filled, you can gently put the net cup back in the hole at the top of the chamber. Make sure to close the door on the front when you’re done.

Any left over nutrient solution can be kept in a container as long as you store it in a dark place like a closed cabinet or closet. Do make sure it has a cover. Use your left over nutrient solution the next time a plant needs to be refilled.