

Wheatgrass FAQ's:

Q: How long does it take to grow?

A: Approx. 8 - 12 days (longer in colder weather).

Q: What kind of seed do you have to use?

A: *Hard Winter Wheat seed (wheatberries) or hard Wheat.
(Spelt or Kamut seed can also be used, especially for those sensitive to wheat).*

Q: How often do you water the grass?

A: Once a day, heavy (until tray drips). Cover for first 3 days.

Q: How long do you soak the seeds?

A: 8 - 12 hours, or overnight.

Q: What temperature should I keep it?

A: anywhere between 60 - 80. If it goes above 80 degrees,
air circulation / air flow is needed.

Q: When is it ready to cut?

A: When a second blade becomes visible (at the bottom).

Q: Will the grass grow back a second time?

A: The second growth has lost 50% nutrition.

Q: How long will it last after it is cut?

A: One week in the refrigerator. Two in Evert Fresh Bags.

Q: How much should I drink?

A: 1 - 2 ounces, on an empty stomach, at a time.

Q: How much light does it need?

A: Very little, never direct sun.

Q: What about Frozen or Powdered grass?

A: They are good alternatives; Powder is much better than Frozen.
There is no substitute for fresh.

Q: What kind of soil should I use?

A: Basic potting / top soils with peat moss in the mix.