AGGRESSIVELY ORGANIC

INSTRUCTION MANUAL

This manual is for general instructions, for seed specific instructions, refer to the website: aggressivelyorganic.com/instructions

AGGRESSIVELY ORGANIC VICTORY GARDEN

When you receive your victory garden:

- Become familiar with the contents.
- You should have:
  - Bag with #1: Includes 3 rolls of coir (30 total)
  - Bag with #3: Includes 10 large liner bags, 3 small liner bags, two-step nutrient packages in individual sealed packages, a measuring spoon, and green growth media cups
  - Envelope with 9 seed packets of your choice
  - Square box containing Aggressively Efficient Grow Light
  - 9 tall cylinders and 3 small cylinders

GERMINATING SEEDS

What you'll need:

- Find a container to use for a germination tray. We recommend anything with a clear domed lid or a reusable food storage container turned upside down (using the lid for the base and flipping the bottom part over top)
  - NOTE: Please avoid using aluminum trays.
- Distilled/filtered/soft tap water.
- Seeds
- Coir in bag labeled “1”
- Aggressively Efficient™ Light
- We recommend an inexpensive programmable timer for your light to stay on for consistent time.

GERMINATING SEEDS CONTD.

How To Start (Steps 1-4):

- Place the number of coir you wish to start (9-10 recommended) in a container deep enough for a few inches of water. Be generous with the amount of water in the container. They tend to absorb the water faster if you place them upside down (side with the divet facing down). The coir will soak up the water and expand to about 2-3x the original height. The paper casing will remain on the coir.
- Gently massage around the outside of the coir, loosening and further expanding the height of the coir to around 3”. For a guide, you’re going to want to be able to easily slide the coir into the green net cup when the time comes. Loosening the coir will also make things easier for the roots to work their way down to the bottom of the coir so that they’re ready to go into the system.
- Place your coir in the chosen germinating tray, nestled together. This will keep moisture and warmth in to assist germination.
- We find it easier to use something with a pointed tip such as a pencil or pen to make a little divet in the top of the coir for the seed(s) to be placed. If you’re wondering how many to plant in each coir, you’ll generally only need one, with the exception of a handful which are noted at the bottom in this document. As far as depth to plant, generally the rule you can use is 2x the width of the seed. Most seeds are small and will be around ⅛-¼” deep. If you accidentally plant more, it’s ok!
    - Then, gently pinch the top of the coir.
    - NOTE: 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.

GERMINATING SEEDS CONTD.

How To Start (Steps 5-8):

- We like to use a little squirt bottle or spray bottle to mist the tops after planting your seeds. Add an ⅛-¼” of water in the bottom of the germination tray. Place a domed clear or translucent loosely over the top of the germination tray. This will create a bit of “greenhouse effect”.
- For the light, either place it directly on top of your domed lid (as long as it will be a couple of inches above the top of the coir) or you can hang your light. If the light is hung, either hang it low a couple of inches over your germination tray or prop your germination tray on something up close to the light. You will only need to leave the light on 10-11 hours a day. We recommend programming a timer to automatically turn your light on/off each day. It makes things so much easier for you and the plants thrive on the consistency of conditions!
- Check on your germination tray every day or two. It is normal for some seeds to sprout quickly and others to take their time! You shouldn’t need to add more water unless they start to feel dry to the touch at this point. You can keep a very thin layer of water in the bottom of the tray. You will NOT want to overwater as that can cause the seeds to not progress.
- Once about 80% of the coir have seeds that have sprouted, you can prop your lid open to provide some airflow. After the seedlings start to get a little bit of a stem (up to 1-2”), you’ll want to remove the lid altogether and make sure the light is still a few inches (3-4) above. Once the lid is removed, the coir will dry out much more quickly so you’ll need to check on them often. NOTE: It takes a lot of energy for a plant to establish roots. If the seeds sprout, but seem to stall upward growth, most likely, they are working on that root system. Check the bottom of the coir every few days. When you see those little white lines and shoots, you’ll be ready to start them in the systems!

TRANSPLANTING SPROUTED SEEDLINGS (MULTI-PART)

Transplanting to to the Aggressively Organic Microdentritic Pods (Patents Pending):

- What You'll Need:
  - Cardboard pods
  - Contents of the bag marked "3"
  - Jug/container which holds one gallon of water (a repurposed gallon milk jug works great!)
  - Distilled/filtered/soft tap water.
  - Coir with germinated seedlings
  - Aggressively Efficient Light

TRANSPLANTING SPROUTED SEEDLINGS (PART A)

Transplanting to to the Aggressively Organic Microdentritic Pods (Patents Pending): Assembly Steps 1-8

- Assembly of your Aggressively Organic pods.
  - If you wish for the observation window to be used, you'll want to precut that before assembling. We recommend laying your pod flat on a surface which cannot be harmed and then scoring the pre-punched lines around the Aggressively Fresh logo. Note: keep the window closed except to check on nutrient levels to prevent algae growth.
  - Gently bend the vertical lines in toward the unmarked side of the pod. It will start to form a hexagon. Tab labeled "1" will insert into the slots.
  - Fold small tabs inward marked "2".
  - Push tab marked "5" out.
  - Fold large end marked "3" in to opposite side.
  - Fold tab "4" down and insert into slot.
  - Bend tab "5" and insert into slot in tab "4"
  - Fold tabs "6" on the sides (like tabs "2) inward.

TRANSPLANTING SPROUTED SEEDLINGS (PART A)

Transplanting to to the Aggressively Organic Microdentritic Pods (Patents Pending): Assembly Steps 9-16

- Assembly of your Aggressively Organic pods.
  - Push other tab marked “6” (like “5) out.
  - Open a large liner bag and insert your fist to fully expand the bag.
  - Slide the liner into the pod and push the open end from the backside through the hole in “7” and insert “7” into the slot on the opposite side of the pod
  - Open and flatten the edges of the liner bag against the top of “7” around the outside edges of the hole in “7” making sure liner isn’t twisted inside the pod.
  - Bend tab “8” downward and fold that last piece over the liner bag and insert tab “8” into the slot opposite.
  - Bend the edge of tab “6” (like “5”) and insert into the slot from tab “8”.
  - Place a green net cup into the opening.
  - Repeat with as many pods as you will need.

TRANSPLANTING SPROUTED SEEDLINGS (PART B)

Transplanting to to the Aggressively Organic Microdentritic Pods (Patents Pending): Mixing Nutrients

- Mixing Nutrient Solution:
  - Fill half of your gallon container with filtered or softened water.*
  - Using your AO measuring spoon, measure one level teaspoon (1t) of the nutrient packet marked 15.25.5 and pour into the gallon container. Gently swirl to incorporate.
  - Fill the remainder of the gallon container with filtered or softened water.
  - Using your AO measuring spoon, measure one half level teaspoon (1/2t) of the nutrient packet marked 15.5.0 and pour into the gallon container. Place lid on container and shake to incorporate.
  - *NOTE: IF USING BOTTLED WATER, REMOVE LID AND MEASURE EACH NUTRIENT INTO THE CONTAINER SEPARATELY ALLOWING AT LEAST 30 SECONDS IN BETWEEN TO ALLOW FOR EACH TO IONICALLY BOND WITH THE WATER. OTHERWISE, THE NUTRIENTS WITH IONICALLY BOND WITH EACH OTHER.

TRANSPLANTING SPROUTED SEEDLINGS (PART C)

Transplanting to to the Aggressively Organic Microdentritic Pods (Patents Pending): Filling Pods with Nutrients

- Filling Pods With Nutrient Solution:
  - Using a funnel or carefully pouring into the pod, fill each pod with nutrient solution up to the halfway line on the growth media cup.
    - NOTE: This is only for the first time filling, when you refill your pod with nutrients after the first time, it will be at a different level. Described below in the REFUELING section.
  - Remove the growth media cup for the next step.

TRANSPLANTING SPROUTED SEEDLINGS (PART D)

Transplanting to to the Aggressively Organic Microdentritic Pods (Patents Pending): Transferring Seedlings to Pods

- Transferring Seedlings to Pods:
  - Pick up coir with seedling.
  - Gently (feeding any roots down first), slide the coir into the green growth media cup until the bottom of the coir hits the bottom of the cup. If the coir is too wide, gently squeeze around the edges to lengthen the coir until it will slide in easily.
  - Place the growth media cup with coir and seedling into the opening of the pod filled with nutrient solution.
  - Make sure the window is closed to prevent algae growth.
  - Place about 6-8” below your Aggressively Efficient Grow Light.
  - NOTE: If you still have some seeds germinating and/or seedlings which aren’t showing roots still in the germination tray, set the germination tray on top of empty pods which are assembled but not in use yet under the light to be able to accomodate all stages under one light!

REFUELING & MAINTENANCE

Refilling Nutrient Solution/Maintenance:

- At this point the system will do most of the work! Keep an eye on the nutrient solution level. After your first fill, you will want to let the nutrient solution level drop to around ½"-1” from the bottom. This will force the plant to send the roots to the bottommost parts of the pod for nutrients.
- When you need to refill, gently lift the green growth media cup up just enough to insert a funnel and pour into the pod or a skinny spout watering can filled with nutrient solution. Take care not to spill onto the cardboard pod. If you do, dry spills immediately to avoid compromising the integrity of the cardboard.
    - IMPORTANT NOTE: You will need to take care to only fill to around the top edge of the window opening to allow for displacement caused by the roots and growth media cup. Plants will develop air roots just outside of the coir so this keeps them from being submerged in the nutrient solution as well.
    - For SHORT PODS: Fill enough so the green growth media cup is not touching the water. We want the coir to be dry so it does not allow for fungal growth.
    - For TALL PODS: Fill to the top of the observation window. Make sure the Green growth media cup is still dry.

REFUELING & MAINTENANCE

Staking

- Some plants do get tall. You can implement one of these methods if desired:
  - Small dowel rods or chopsticks affixed with rubber bands around the outside of the pod
  - Small trellis/mini tomato cage from home improvement store
  - Twine to tie to shelf

Pruning/Trimming

- No need to prune/thin like you would in a traditional garden
- Pruning branches with flowers will reduce yield

REFUELING & MAINTENANCE

Harvesting

- Varies from plant to plant and general rule: do not harvest more than 80% or it may not regenerate
- Herbs: pinch above a set of two leaves (such as with basil) and they will fill in more fully or cut across the top in the case of chives
- Lettuce/kale/bok choy/etc: take leaves from outside to the center leaving the center parts
- Fruiting plants: harvest when ripe
- When the plants are harvested from regularly, it slows their natural life cycle and prevents them from going to seed (except in the case of the fruiting plants). Once they go to seed or bolt, the flavor also often changes.

Pollination

- While it is not necessary to pollinate, it can increase the yield if you do for flowering fruiting plants.
- Use a fan to gently blow plants to spread pollen.
- “Be the bee” and hand pollinate by touching from flower to flower with a small paint/makeup/tooth brush or a q-tip.

F.A.Q

Frequently Asked Questions

- **If my seeds never sprout or die after sprouting while in the germination tray, can I reuse the coir?**
  - Absolutely!
- **Why didn't my seeds sprout? Why did my sprouts/seedlings die?**
  - Too much or too little moisture
  - Light on too long/too close
  - Most seeds do not have a 100% germination rate
  - May not have waited long enough. Some seeds such as strawberries can take weeks to sprout!
- **What are these tiny white bugs on my plants?**
  - Likely, aphids. They can be washed off with water or treated with a homemade spray with essential oils and dish soap.
- **Why are there little spider webs on my plants?**
  - Likely, spider mites. Treat with a homemade essential oil spray. Isolate plants.
- **What is that smell coming from my pod?**
  - Could be root rot. Usually happens when water added over coir.
- **What are these little white things sticking out of the base of my tomato plant stem?**
  - Root nodes. Harmless. Usually caused by too much heat and humidity. Try a fan to get more airflow.
- **What is this white residue on my pepper plant leaves?**
  - Common and harmless!

SEED INFORMATION

Varieties that need more than 1-2 seeds planted (the rest of them - please plant only 1-2 seeds)

Seed Type	How Many To Plant
Mignonette Strawberry	4-5
Wasabi Arugula	4-5
Gigantic Chive	4-5
Nira Chive	4-5
Darki Parsley	4-5
Giant of Italy Parsley	4-5
Moss Curled Parsley	4-5
Garlic Chive	4-5
Alexandria Alpine Strawberry	4-5