Grow Guide

Welcome to Les Verts Living!

At Les Verts, we're on a mission to empower anyone anywhere to grow fresh quality food for their family, friends and local communities.

This handy Grow Guide covers all the recommended plant types that grow best in your Les Verts indoor garden, including:

- Lettuce (full heads)
- Herbs
- Trayed Greens (including Microgreens, Baby Greens and Baby Leaf Lettuce)
- Tomatoes
- Peppers

We recommend using our curated seeds and grow media available at lesverts.com. (Hint: the Fresh Harvest Seed Bundle is a great place to start!) You can also use your own seeds and grow media and explore new crops and varieties. If you have any questions throughout your growing journey, please contact us at growhow@lesverts.com and we'll be happy to help!

Happy growing!

Sincerely,

The Les Verts Living team

P.S. Make sure you've gone through the How-to Guide first before proceeding with this Grow Guide.



LES VERTS LIVING™

PLANT • NOURISH • THRIVE

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About your Indoor Garden

Your Les Verts indoor garden features patented hydroponic growing equipment and accessories. Let's get familiar with everything you'll need to get growing.



Les Verts Terrace™ Indoor Garden



Les Verts Terrace™ Pro 2-Tier



Grow Shelf

Les Verts Terrace™ Pro 3-Tier

Reservoir

Accessories Kit:
(included with your Les Verts indoor garden)

Grow Mat Booster Tray
(included with Terrace Pro only)



Grow Mat Dome

Grow Mat Tray

Grow Mat Tray Insert



Starter Tray Dome



Greens Growth Formula



pH Strips



Starter Tray



Citric Down + Beaker

Seeds & Grow Media:
(from Les Verts or source your own)

Grow Mat



Mini Block



Grow Block

Seeds

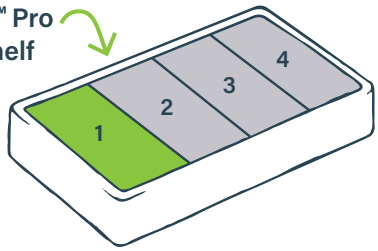
You will also need:

- Tablespoon and teaspoon, or a small scale
- Watering can or bucket
- Hydrogen peroxide (optional)
- Latex gloves (optional)

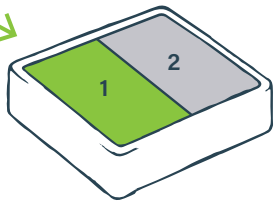
Getting Started

Depending on the size of your Grow Shelf, you have either **2 or 4** slots per shelf. Use the table on the next page to get an estimate of how many of each plant type you can fit per slot at full maturity.

Terrace™ Pro Grow Shelf



Terrace™ Grow Shelf





Getting Started CONT.

It may be tempting to fill up your shelves with your first planting, but it's important to consider how much room each plant will take as it matures. Lettuces, herbs, tomatoes and peppers start in Mini Blocks and then are transplanted into larger Grow Blocks, so they will need additional space later on to ensure proper development and growth. Be sure to accommodate each plant's space requirements as you begin your planting cycle.

Plant Type	Recommended Plants per Slot at Full Maturity
Trayed Greens *(Microgreens, Baby Greens, Baby Leaf Lettuce)*	1 Grow Mat *(in Tray Insert)*
Lettuce *(full heads)*	4 Grow Blocks
Herbs	10 Grow Blocks
Tomatoes, Peppers	2 Grow Blocks

On plant placement:

We have designed our indoor garden systems with ultimate flexibility so you can grow any combination of small or large plants, or transplants for your outdoor garden, or large flats of microgreens (trayed greens) and more.

Just remember that most plants are a bit shy and don't like to be touched by other plants! So while you can (and should) place plants directly beside each other to save space when they're young, you will need to space them out as they mature (with the exception being trayed greens grown using a Grow Mat).



Young plants can be spaced close together until their leaves start to touch.



Sample placement for lettuce at full maturity (4 plants per slot).

Planting Guide

Plant Type		Est. Time to Harvest	Starting Grow Media	Tray(s) Needed	Planting Rate
Microgreens*		10-20 days	Grow Mat	Grow Mat Tray Insert *(with holes)* inside a Grow Mat Tray *(without holes)*	1 Tbsp per Grow Mat *(10 grams)*
Baby Greens		21-28 days	Grow Mat	Grow Mat Tray Insert *(with holes)* inside a Grow Mat Tray *(without holes)*	1 tsp per Grow Mat *(3 grams)*
Baby Leaf Lettuce		28 days	Grow Mat	Grow Mat Tray Insert *(with holes)* inside a Grow Mat Tray *(without holes)*	½ tsp per Grow Mat *(2 grams)*
Lettuce *(full head)*		55 days	Mini Block	Starter Tray	1 seed per Mini Block
Herbs		55-75 days	Mini Block	Starter Tray	1 seed per Mini Block**
Tomatoes		85 days	Mini Block	Starter Tray	1 seed per Mini Block
Peppers		110 days	Mini Block	Starter Tray	1 seed per Mini Block

**We recommend sanitizing your microgreen seeds prior to planting for optimal performance and safe consumption. Mix 1 Tbsp of 3% Hydrogen Peroxide with 2 Tbsp tap water and soak seeds for 10 minutes, then drain.*

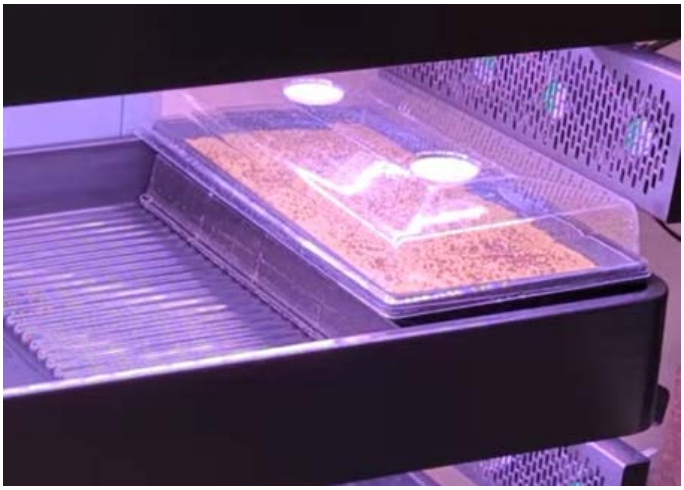
***For a fuller block, use the tip of a pen to add a hole in each corner about 1 cm deep. Plant 1 seed per hole for a total of 5 seeds per Mini Block*

Planting Guide CONT.

Planting Steps for Grow Mats:

1. Place your Grow Mat Tray Insert (with holes) inside your Grow Mat Tray (without holes). Add your Grow Mat.
2. Fill the Tray with water until the Grow Mat is completely submerged. Let soak for 10 minutes.
3. Drain excess water from the Tray (the Grow Mat should still be very wet).
4. Evenly spread the seeds across the entire surface of the Grow Mat, using the planting rate in the chart above (or as noted on your seed packet).
5. Cover the Tray with the Dome with the vents closed and place in your indoor garden.

Optional: A booster tray (included with Terrace Pro gardens only) may be used to place your Tray closer to the lights, speeding up germination and seedling emergence.



TIP: Trays of microgreens are a great way to fill up space in the early growth stages of your other plants that require transplanting. Microgreens are ready to harvest in just 10-20 days, leaving an entire slot for you to then space out your other plants as required.

Planting Steps for Mini Blocks:

1. Place your Mini Blocks inside your Starter Tray.
2. Fill your Tray with water until the Mini Blocks are completely submerged. Let soak for 10 minutes.
3. Drain excess water from the Tray (Mini Blocks should still be very wet).
4. Plant seeds according to planting rate in the chart above (or as noted on your seed packet).
5. Cover the Tray with the Dome with the vents closed and place in your indoor garden.

Optional: A second Starter Tray may be placed upside down and used as a booster to place your Tray closer to the lights, speeding up germination and seedling emergence.





Watering Guide

Ensure that you've completed the steps in the Start-Up section of your How-to Guide to prepare your system for automatic watering.

While your seeds are germinating, we recommend watering your trays by hand to prevent seed disruption and to optimize early plant growth. Once your plants have reached a certain stage, you can then move them directly into your system for automatic watering.

Use the table below to learn how to manage each plant type.

Plant Type	Hand Watering *Using nutrient solution from your Reservoir*	Automatic Watering *Moving plants directly onto Grow Shelf*	Ready for Automatic Watering	
Trayed Greens *(Microgreens, Baby Greens, Baby Leaf Lettuce)*	Ensure a constant thin layer of moisture in the bottom of the Grow Mat Tray. Watering from the bottom prevents disrupting the seeds. Lift the Tray Insert *(with holes)* and pour directly into the Grow Mat Tray *(without holes)*.	Once the first pair of leaves have emerged and roots have established, remove the Dome and outer Grow Mat Tray and place the Tray Insert *(with holes)* directly onto the Grow Shelf. **Keep the Grow Mat in the Tray Insert *(with holes)* for the entire growth cycle.**	3-5 days after planting	
Lettuce *(full heads)*	Ensure a constant thin layer of moisture in the bottom of the Starter Tray.	Once seedlings have reached the 2-leaf stage, remove the Starter Tray and Dome and place the Mini Block directly onto the Grow Shelf for automatic watering.	7-14 days after planting	
Herbs	Ensure a constant thin layer of moisture in the bottom of the Starter Tray.	Once seedlings have reached the 2-leaf stage, remove the Starter Tray and Dome and place the Mini Block directly onto the Grow Shelf for automatic watering.	14-28 days after planting	
Tomatoes, Peppers	Ensure a constant thin layer of moisture in the bottom of the Starter Tray.	Once seedlings have reached the 2-leaf stage, remove the Starter Tray and Dome and place the Mini Block directly onto the Grow Shelf for automatic watering.	30 days after planting	

NOTE: Due to differences in seed germination rates and early plant growth, some blocks will need to stay in the Starter Tray and under the Dome for a longer period of time.

All Trays and Domes should be cleaned with warm soapy water after use and set aside for the next planting.

Plant Nutrition Guide

Les Verts' Greens Growth Formula is a highly water-soluble plant nutrition package custom designed for hydroponic production of leafy greens and other fruiting crops. When used with Citric Down to optimize nutrient solution pH**, your plants will receive all the nutrients they need to grow and thrive.

The initial dosing of plant nutrients in your Les Verts indoor garden is outlined in your Start-Up section of your How-to Guide. As your plants start to grow and take in nutrients and water from the system, you will need to add water, Greens Growth Formula nutrients and Citric Down on a regular basis.

Weekly Reservoir Maintenance

We recommend that you check your Reservoir once a week to ensure you have sufficient solution for the system to operate properly and adequate plant nutrients for optimal growth. Try not to let your Reservoir drop below 50% capacity as you do not want the Pump to run dry.

Keep track of how much water you're adding to your Reservoir as you fill it within 5 cm from the top. Use the table below to determine how much Greens Growth Formula and Citric Down to add based on the amount of water you added. Optional: You may choose to wear latex gloves when handling Greens Growth Formula and Citric Down.

Volume of Water added to Reservoir*	Greens Growth Formula – Part A	Greens Growth Formula – Part B	Citric Down**
5 litres	½ tsp (2.5 g)	1 tsp (6 g)	10 ml
10 litres	1 tsp (5 g)	2 tsp (12 g)	20 ml

Note: The order of addition is important.

1. Add Part A and let completely dissolve in your Reservoir.
2. Add Part B and let completely dissolve in your Reservoir.
3. Add Citric Down

* If you are adding different amounts than the increments illustrated, please adjust accordingly.

**The optimal pH range is 5.5 to 6.5. The above recommendations are based on an average base level EC and pH for most potable water sources in Canada. For more accurate readings, pH strips are included in your Accessories Kit. Strips can be used to accurately measure the pH range of your nutrient solution. For pH readings above 6.5, add 20mL of Citric Down for every 0.5 adjustment of pH required.

Les Verts offers professional meters and devices that are used by growers to fine-tune their nutrient solution parameters and maximize nutrient efficiency and plant performance. Contact us at growhow@lesverts.com for information about our EC, pH and temperature meters.



Transplanting Guide

To optimize growth and provide a stable base for your plants, Les Verts recommends transplanting certain crops. The table below provides a transplanting overview for each crop:



Crop Type	Transplant Recommended?	Growth Stage at Transplant	Transplant Grow Media	Est. Time from Seed to Transplant
Trayed Greens *(Microgreens, Baby Greens, Baby Leaf Lettuce)*	No	N/A	N/A	N/A
Lettuce *(full heads)*	Yes	3-4 leaf 	Grow Block	4-5 weeks
Herbs	Yes	3-4 leaf 	Grow Block	4-5 weeks *(Basil)* 6 weeks *(Dill)* 6 weeks *(Parsley)*
Tomatoes, Peppers	Yes	3-4 leaf 	Grow Block	6-12 weeks

Transplanting Steps

1. Gather enough Grow Blocks for the plants you wish to transplant. Partially submerge the Grow Blocks in water for 10 minutes in a tray or sink, then drain the excess water. ***Tip:*** *Avoid getting the tops of the Grow Blocks wet to prevent algae growth.*
2. Gently remove the outer plastic covering from your Mini Block.
3. Place the entire Mini Block into a Grow Block and gently press it in so that the Mini Block is fully inserted and only the plant is sticking out from the top of the Grow Block. Be careful to not damage the roots as you transplant. You may need to gently expand opening of your Grow Block to ensure adequate space for root material.
4. Repeat for each Mini Block that you wish to transplant, then place all of your transplanted Grow Blocks directly into your Grow Shelf.
5. For optimal spacing, keep the Grow Blocks close together until the leaves of each plant start touching each other. **For optimal performance, spread plants out on the Grow Shelf once they begin to touch.**

Get a head-start on your outdoor garden by starting your outdoor plants in your Les Verts indoor garden. Contact us at growhow@lesverts.com for more information.

Harvesting Guide

It's time to enjoy the fruits of your labour and harvest the produce from your Les Verts indoor garden. Use the following harvest guide for optimal flavor, texture and total harvestable production. Harvesting times are flexible so feel free to adjust according to your preferences.

Crop Type	Est. Time to Harvest*	Plant Stage at Harvest	Plant Height at Harvest	
Microgreens	10-20 days	First set of true leaves	5-8 cm	
Baby Greens	21-28 days	3-4 leaf stage	8-10 cm	
Baby Leaf Lettuce	28 days	2-4 leaf stage	8-10 cm	
Lettuce *(full heads)*	55 days	Full head	N/A	
Herbs	55 – 75 days	Up to ⅓ of the plant can be harvested at a time for a continuous supply of fresh herbs.	N/A	
Tomatoes	85 days	When fruit is ripe or nearly ripe. Fruit will mature after being removed from the plant.	N/A	
Peppers	110 days	When fruit is ripe or nearly ripe. Fruit will mature after being removed from the plant.	N/A	

*Time to harvest may vary depending on the variety you are growing, as well as your specific environmental conditions. Check your seed packet for more accurate estimates.

Harvesting Trayed Greens:

For best results, harvest your greens with scissors or a sharp knife about 1 cm (1/2 inch) above the Grow Mat surface. You can now discard the Grow Mat as it is not recommended for reuse. For optimal freshness, minimize handling of your greens and rinse with cold running water just prior to eating.

Harvesting Lettuce (full heads):

Remove individual leaves as needed, starting with the outer leaves. If you'd like to harvest a full head, remove the Grow Block from your indoor garden and cut the head at the stem at the top of the Grow Block. You can now discard the Grow Block as it is not recommended for reuse. To give away or sell your lettuce as a full living plant, leave the plant intact in the Grow Block and place in a container.

For tips on keeping your lettuce fresh in its Grow Block after removing from your indoor garden, visit lesverts.com/resources and look for our Living Lettuce Freshness Guide.

Harvesting Tomatoes and Peppers:

Depending on your growing conditions and the variety you planted, you can expect to see ripe fruit on your tomato plants within 90 days and peppers within 110 days from planting. Depending on the variety, you may be able to enjoy multiple harvests from your tomatoes and peppers. To harvest tomatoes, remove the ripe fruit by gently twisting the tomato away from the stem. Be careful to not damage your plant as you can expect multiple harvests from each plant. To harvest peppers, use a knife or sharp scissors to cut the stem above the pepper.

Harvesting ripe fruit from your tomato and pepper plants will encourage new blossoms and prolong fruit production.

Having Troubles? We are here to help! We are growers too, so we can offer good advice and growing tips to ensure you succeed from Day 1. Contact us at growhow@lesverts.com.