



teeny greeny®

the microgreens co.



Add one coir block plus warm water to the tin. Once expanded spread the damp coir, which acts as compost, evenly.



Spray with water and then cover for the first 4 days – see the instructions for next steps.

Enjoy harvesting within 8–14 days. See instruction sheet for full details.



Each kit grows 4 pots of Microgreens!

Even if you have minimal space you can grow these mighty greens. Get creative with a shelf or on a windowsill - with or without a garden!



Watch the kit in action here.

