

WHEATGRASS KIT FAQ

Q: How much juice should I expect to get out of one flat of wheatgrass?

A: Depending on your method and how long you allow the grass to grow, 10-18 oz per 10x20 flat. Watering the night, or at least a couple of hours, before juicing your grass can make a big difference in maximizing juice yield and taste.

Q. What is the best way to provide light for my growing grass?

A: Wheatgrass does not need a lot of intense light, however, the more light it has the faster and more robust it will grow. If you are growing your grass indoors, a good south-facing window is adequate for producing juiceable grass. However, it is recommended to supplement with an indoor grow light to maximize production. LED's or T5 strip lights are the most efficient fluorescent lights available and can be conveniently installed.

Q. Why am I using Earth Tonic to grow the wheatgrass?

A: Earth Tonic is a BioDynamic sea water complex and contains literally ALL Earth-bound mineral elements. It is a result of dissolving Himalayan crystal salt in pristine open ocean water, then combining specific plant herbs and potentizing the solution via proprietary process. There are 90+ elements in a natural balance in Earth Tonic and wheatgrass can use all of them. The resulting juice represents the entirety of mineral, energetic, & vegetal life force on earth.

Q. What if the tips of my grass are discolored or yellowing?

A: Plants only have so many ways to tell you they are unhappy. This could be an indication of under-watering or over-fertilizing. If you are allowing the bottom flat to go dry for too long, the grass may need to be better hydrated. Wheatgrass that is being properly hydrated is almost moist to the touch. Too much fertilizer can also cause yellowing in growth tips. Be sure to dilute one teaspoon per quart of water when using Earth Tonic.

Q: Are there any ways to enhance the production of my wheatgrass?

A: We have found it beneficial to use a liquid kelp product such as Kelp+ one time in the solution used to water your wheatgrass. It is also beneficial to use a biological product like BD Thunder in the coir growing media to ensure healthy root production and keep mold growth down.



Q. Is growing wheatgrass hydroponics?

A: Wheatgrass can certainly be grown in soil, but this kit utilizes the method of hydroponics, or growing plants without “soil”. The growing media included in your kit is coir fiber, or a sustainable by-product of the coconut industry. It has no nutritive value, which is delivered by Earth Tonic, but acts like soil by retaining moisture.

Q: What kind of juicer should I use?

We recommend the manual or electric Healthy Juicer, available from **Progress Earth**. If you choose to use a different juicer or one you already have at home, make sure it is a masticating juicer that presses the juice out of the blade. Centrifugal juicers that have large motors can create temperatures above 115F and denature the enzymes and other beneficial components of the juice.

Q. Should I juice all of the wheatgrass at once, or a little each day?

A: It is best to juice some of your grass each day, 1-3 oz per individual. After about 15 minutes the “life force” of the juice begins to decrease and many of the beneficial compounds responsible for the magic of wheatgrass, or the “grass juice factor” as it is called, begin to break down. If possible, it is best to drink your wheatgrass juice in the first 15 minutes after juicing. Rarely do people have an opportunity to experience foods directly “from the vine”, so to speak, as nature intended, so please take advantage.

Q. How long will my juice keep after juicing?

A: If you choose to juice all of your wheatgrass at once, the juice will keep up to 10 days in the refrigerator and up to several months frozen. The minerals in Earth Tonic allow for a greater nutrient density in the wheatgrass, allowing the juice to keep longer after juicing than wheatgrass grown without it.

Q. Can I juice the re-growth? What do I do with the coir mat and roots after harvesting?

A: The wheatgrass you have already harvested may begin to re-grow. Feel free to juice this, but if it is the primary source for juice it will taste bitter. It is still good for you, but it may be a better idea to use this as filler while juicing grass that has not yet been harvested. The coir fiber root mat left after harvesting consists of 100% compostable materials. The green BioBags that contain the wheat berries (seed) are 100% compostable, as well. Please start a compost pile.



Q: When should I drink my Wheatgrass?

A: Wheatgrass can be juiced at any time of day, however some people have found the best benefits from juicing shortly after they wake up, then waiting an hour, or at least 20 minutes before eating their first meal. This allows the components of the juice to work within the body without having to compete with heavier items that demand more attention from your metabolism.

Q. Why is wheatgrass so good for me?

A: Juicing wheatgrass is the single most nutritious means of building and ensuring health in humans. It is said that one ounce of wheatgrass juice has the health equivalent of 2.5 lbs of vegetables! Chock full of chlorophyll, amino acids, minerals, vitamins, and enzymes, we simply do not have the living components of these materials in the average diet anymore. It's great for pets too!

Simply put, there is no more potent tool for building health than juicing and drinking wheatgrass daily. *The Wheatgrass Book*, by Ann Wigmore is available from **Progress Earth** and a good resource to learn more.

Q. What if my pet eats my wheatgrass?

A: Have you ever noticed your cat or dog chewing on grass in the yard? There's a reason for this! Grass can 'fix' more nutrients than any plant species, which is why cows or bison can live off it alone. So, considering most of us feed our pets what we don't want to eat, they are merely supplementing their diet. They know what they want, they just can't tell you! Try including some wheatgrass juice in your animal's food or water.

Q. Is mold growing on the coir fiber growing media bad for me?

A: First, make sure it is not root hairs. There are a few varieties of mold which commonly grow on wheatgrass and are very difficult to avoid. Almost every wheat seed that gets planted produces a small amount of a "blue fuzz" mold. This is a type of "slime mold", a non-pathogenic mold (i.e. not harmful) which does not penetrate the plant. This mold can simply be cut above and rinsed off before the grass is juiced. Other varieties (white or brown) can be harmful, however they usually kill the plant, and it is obvious the food is spoiled (just like with any produce). Rinsing berries after they have been drained on day 2 and ensuring good air movement over your tray will help discourage mold growth.



Q: I've read that some people who first try wheatgrass get slight headaches and/or nausea...why?

A: It is true that upon drinking a large amount of wheatgrass for the first few times, side effects of slight headache and/or nausea may occur. These effects usually dissipate within an hour or so. Even if one continues to drink a lot of fresh wheatgrass juice, within a few days this discomfort will be replaced with just the opposite, a feeling of well-being!

What causes the temporary effects can be disputed, although it is widely attributed to "detoxification." A "detox" effect occurs when the body rapidly undergoes removal of toxins such as heavy metals, bad fats, carcinogens, metabolic waste, and other impurities in the human body. Once the toxins are removed from the body, the side effects will no longer occur.

Besides detoxification, another reason why one might feel nauseous after drinking wheatgrass juice is if you drank it with or after a meal. Wheatgrass juice does not combine well with other foods and should always be taken on an empty stomach. After you drink wheatgrass juice, we suggest waiting up to an hour before eating; that's about how long it takes for the juice to be assimilated.

Finally, if you drink too much wheatgrass juice, you could feel uncomfortable. The general rule is to drink no more than 3 ounces at a time. (This isn't orange juice; don't try to shoot down an 8 oz glass of it!)

Q: Is it cost effective to grow my own wheatgrass?

A: Absolutely. A 2 oz shot of wheatgrass in the health food store can cost up to \$6. You can grow 12-18 oz by yourself for about \$2-3 per week.

Volume = 15 mL = 1 Tbsp = 3 Tsp = 0.17 oz

