

1. Soak Jiffy-7C Coir Pellets in a bucket of water for five minutes.
2. Place Jiffy-7C Coir Pellets in the tray you plan to grow in. Standard 1020 Flats are ideal.
3. Wait approximately one hour for Jiffy-7C Coir Pellets to fully expand.
4. Use your finger to poke a small hole into the top of each Jiffy-7C Coir Pellet and place your seeds inside. Gently cover the seed in each pellet with the coir material. If you are planting cuttings, make a deep, narrow hole and carefully push the stem down about 2/3 of the depth of the pellet.
5. Keep Jiffy-7C Coir Pellets moist while the seeds are growing.
6. When sprouts appear, place a full-spectrum grow light over your trays. We recommend using one of our Hanging CFL Full Spectrum Lights.
7. When roots begin to grow through the sides of your Jiffy-7C Coir Pellets, transfer them directly into a larger growing container.