

Directions for How to Grow a Wheatgrass Pet Pal

It's easy to grow wheatgrass at home as a Pet Pal for decoration, or even to clip for smoothies and juices.

Growing grass begins with the right seeds. Although some people refer to them as wheat berries, they're actually hard red winter wheat seeds. You can buy wheat berries from a grocery store that stocks whole grains or from the bulk food section.

Wheatgrass can be grown in water but is usually grown in a container filled with potting soil. You can sow seeds directly into the soil, but they get a head start when first sprouted in a jar.

How to Sprout Wheatgrass

Take about 1 tablespoon of wheat berries, pour into a small glass or jar and cover with water then carefully drain to rinse the seeds. Then cover the seeds in the jar again with fresh water and soak overnight for at least 12 hours.

Rinse and drain the sprouts. If the seeds aren't showing any signs of small white roots, allow them to sit in the drained but moist jar for another eight to 12 hours, rinsing and draining every eight to 12 hours until the seed starts to sprout.

Planting Grass

Choose a small jar or coffee cup container at least 2-1/2 to 3 inches deep. Add soil and moisten with water leaving about 1 inch of room between the soil and the top of the container.

Spread the sprouted wheatgrass seeds across the top of the soil in a dense layer about one or two seeds deep. Gently water the soil so it is damp but not waterlogged. Keep the surface moist – if you have a spray bottle you can mist it a few times a day.

Place the pot in a warm location, about 70 to 75 degrees F, but away from direct sunlight.

Growing Grass

Check the wheatgrass seeds every day. By about the third day, wheatgrass should be actively growing. When the seeds have buried themselves in the potting soil and start to send up green shoots, move the pot to an indoor location in bright sunlight.

Keep the soil lightly moist. Have fun decorating your container to personalize your Pet Pal.