



Growing Herbs in the Flex Farm

The Flex Farm is a tremendous tool for growing leafy greens. However, it also excels at growing lots of delicious herbs. Here are some tips for growing herbs along with links to some recommended seed varieties sold by [Johnny's Seeds](#).



- ❑ Plant seeds like the Grow Guide recommends for lettuce: saturate the rockwool and drop a seed in each cube.
 - ❑ The pelleted herb seeds are the easiest to plant, but regular seeds will work too.
- ❑ Keep spraying the top of the rockwool until they sprout. You can add some tap water to the bottom of the tray if you think the rockwool is getting too dry.
 - ❑ After they sprout, follow the standard procedure of adding fertilized water to the bottom of the rockwool tray. Basil takes about a week to sprout.
- ❑ All of these varieties can be grown individually, together or with lettuce.
 - ❑ Unlike lettuce, you can plant these herbs in every plant space.
 - ❑ Keep your pH and nutrient levels (TDS meter reading) about the same as your lettuce target.
- ❑ You can get good results leaving your light timer set for 16 hours a day - like you would for growing lettuce.
- ❑ You can harvest all of these varieties 2-3 times after they mature in the Flex Farm.
 - ❑ Make sure to leave at least two leaves at the bottom of the stalk when you trim.
 - ❑ After 2-3 harvests, you may start to see some large root growth. When that happens, you will need to harvest the entire plant.