The supplies included in this kit are:

- Wide mouth Mason Jar
- Spray bottle
- 3 inch net pot
- 1 inch rockwool cube
- Hydroton clay pellets
- Seeds
- Food plant nutrients

You'll need these items to start (some optional)

- Water
- Scissors
Program

1. Start off by washing your mason jar and hydroton. The mason jar can take a trip through the dishwasher, and the hydroton clay should be rinsed under the tap with a colander.
2. Remove the metal lid from your mason jar, but keep the band handy
3. Test fit your net pot so you are sure you have a good fit (the metal band should still crew onto the jar, clamping the net pot in place)
4. Soak the rockwool cube in water, then plant 6-8 seeds in it and wait for them to sprout. Every few days use the spray bottle to keep the rockwool wet. Just make sure doesn’t look dry.
5. Once your seeds have sprouted and you have roots coming out of the bottom of the cube, follow next step
6. Put your net pot into the top of the jar, and fill it with your nutrient solution to the water. Be careful to not overfeed your seedling.
7. Put a layer of hydroton pellets, 1 pellet deep, at the bottom of the net pot. Put in your rockwool cube (seedling up), and fill in the sides and top with more hydroton.
8. Seat your net pot back into the jar and screw the metal band on to secure in place.
9. Place your mason jar in a spot where it will get plenty of light.
10. Enjoy watching your plant grow. Be sure to check the water level once a week or so as the plant grows so it doesn’t dry up. When the water level gets low, fill the jar up about ¾ of the way full. Do not fill it up all the way to the net pot, because you will drown your plant.

Remember to be creative! Perhaps you could throw a layer of chalkboard paint on the jar. Or maybe you paint the name of the plant using some paint pens.

What next?
If you enjoyed this kit, here are some other instructions from Instructables:
• https://www.instructables.com/Hydroponics---at-Home-and-for-Beginners/

Stay tuned for more Take and Make Kits.