»How To Grow Wheatgrass«

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Being a high value nutritious crop, the technology of growing wheat grass can easily be adapted by the farming fraternity.
Being a detoxifying, immune boosting, natural cleansing crop, growing wheat grass requires a container, organic potting mix, water and the wheat grass seeds which are soaked 24-32 hours and rinsed every 8 hours.

Wheat grass management

Because it can be grown in anything and it needs single watering at later stages of growth, fill containers about 90% full of potting mix and soak for 24-32 hours first. Place seeds on a surface of soil and cover all soils with seeds and cover with container as they germinate in 5 days and roots reach soils at 9th day.
Similarly, remove container covers once germination is done and wheat grass is 8-12 inches tall at 8-10 days ready for harvesting.
Finally, cut grass down an inch above level and it can be consumes whole to digest cellulose and fiber.