

# Super Sprouter™

## SEEDLING HEAT MAT

### INSTRUCTIONS

- Place mat on dry, flat surface.
- Plug the mat into a standard 120-volt power outlet.
- Put your seed flat directly on the warm mat.

### TIPS

- The mat is designed to warm the temperature of the rooting area 10° - 20° F above the ambient air temperature.
- For best results, locate on a counter top or shelf instead of a cold & drafty floor.
- Using a clear dome with your seed tray will help maintain temperature and humidity.
- You can purchase a thermostat separately if you would like exact temperature control.
- If you would like to slightly reduce the temperature of your growing media, you can place your tray on two pencils lifting the tray about 3/8" off the mat.

### LIGHTING

- Be careful not to expose your seedlings & cuttings to direct sunlight or artificial light that is too strong.
- Fluorescent fixtures work great as an artificial light source.
- Lower wattage high intensity discharge (HID) lighting works well too, but needs to be placed about 3 feet from the starts.

**Caution:** Do not use mat if it is punctured or damaged in any way.  
Do not immerse in water.

Plant Type	Ideal Germination Temperature	Germination Days	Plant Type	Ideal Germination Temperature	Germination Days
Peppers	80-85°	10 to 15	Basil	75-80°	5 to 7
Tomatoes	80-85°	7 to 10	Parsley	70°	10 to 15
Broccoli	70-75°	5 to 10	Delphinium	65-75°	10 to 18
Cauliflower	70-75°	5 to 10	Foxglove	65-70°	10 to 15
Kale	70-75°	5 to 8	Marigolds	75-80°	5 to 7
Eggplant	80-90°	10 to 14	Pansy/Viola	65-75°	10 to 15
Lettuce	65-75°	3 to 5	Petunia	75-78°	7 to 10
Onions	75-85°	5 to 8	Snapdragons	65-70°	7 to 10