

# Quick Start Seeding Guide

To get started find the seeding rate closest to your current target. Then use the matching wheel size and roller combination. You should only need to set this once unless your target rate changes.

The brush adjuster can also change seeding rates, but changing wheels is the most accurate and reliable way to hit your desired seed density.

This seeder works with nearly all microgreens. The chart below shows the most common crop varieties and seeding densities.

Note: You can go higher or lower than the chart rates by using the next larger or smaller roller. For example, if you want to seed basil above 11 grams, use roller 2A. If you want a rate below 3.5 grams, use roller 1B.

## Quick Start Chart Precision Pro

Crop	Roller	All Seeding Rates in Grams														
		40	45	50	55	60	65	70	75	80	90	100	110	120	130	140
Broccoli	2A	17.4	16.0	14.5	13.2	12.8	12.3	11.9	11.2	10.5	9.3	8.4	7.6	7.0	6.5	6.0
	2B	52.8	48.4	44.0	42.9	39.3	37.2	34.7	32.6	30.6	27.2	24.5	22.3	20.4	18.8	17.5
Kale	2A	16.2	14.9	13.5	13.1	12.7	12.3	11.5	10.8	10.2	9.0	8.1	7.4	6.8	6.2	5.8
	2B	46.8	42.9	39.0	36.8	34.8	30.8	28.8	27.0	25.4	22.6	20.3	18.5	16.9	15.6	14.5
Cabbage	2A	16.4	15.1	13.7	13.3	12.2	11.9	11.1	10.4	9.8	8.7	7.8	7.1	6.5	6.0	5.6
	2B	42.0	38.5	35.0	36.0	33.0	31.8	30.8	28.8	27.1	24.1	21.7	19.7	18.1	16.7	15.5
Mustards	2A	18.8	17.2	15.7	15.2	14.7	14.3	13.4	12.5	11.8	10.5	9.4	8.6	7.8	7.2	6.7
	2B	45.9	42.1	38.3	34.8	31.9	30.8	28.8	27.0	25.4	22.6	20.3	18.5	16.9	15.6	14.5
Red Rambo Radish	2B	46.8	42.9	39.0	38.2	35.0	33.0	30.9	28.9	27.0	24.9	22.4	20.4	18.7	17.2	16.0
Amaranth	1A	14.4	13.2	12.0	11.2	10.3	9.4	8.8	8.0	7.5	7.0	6.4	5.8	5.4	5.0	4.5
Basil	1A	11.2	10.2	9.3	8.9	8.2	7.3	6.8	6.7	6.3	5.5	5.0	4.5	4.2	3.8	3.5
Cilantro	3A	43.2	39.6	36.0	34.7	32.0	31.1	29.0	28.7	27.0	26.0	23.0	22.0	21.5	20.0	18.0
Cilantro <small>(Whole Seed)</small>	3A	41.5	38.0	34.6	31.4	29.0	27.9	26.0	25.5	24.0	22.0	21.0	19.5	18.5	17.5	15.5
Arugula	1A	12.5	11.4	10.4	9.5	8.8	8.4	7.8	7.7	7.2	6.6	5.8	5.4	4.8	4.4	4.2
Beets	4A	51.6	47.3	43.0	41.0	40.0	39.3	36.7	34.4	32.4	28.8	25.9	23.5	21.6	19.9	18.5
Red Veined Sorrel	1B	3.8	3.4	3.0	2.8	2.5	2.3	2.1	1.9	1.7	1.6	1.4	1.3	1.2	1.1	1
Pea Shoots <small>(Dry Seed)</small>	5A	612	561	510	487	450	429	400	388	365	335	300	275	245	235	225
Pea Shoots <small>(Soaked Seed)</small>	5B	744	682	620	610	563	536	500	510	480	450	430	400	380	360	350
Sunflower <small>(Dry Seed)</small>	5A	192	176	160	160	148	145	135	133	125	110	102	95	85	81	77
Sunflower <small>(Soaked Seed)</small>	5B	444	407	370	357	330	321	300	298	280	260	230	220	210	200	190
Wheatgrass	5A	543	482	434	395	362	334	310	289	271	241	217	197	181	167	155
Corn	5A	665	591	532	484	443	409	380	355	333	296	266	242	222	205	190
Vermiculite	V1	More vermiculite ← → Less vermiculite														