Grow stronger, healthier plants with Pop Out Pots. This set of 4 self-watering pots is designed to give seedlings and herbs the best growing environment possible. The Pots provide plenty of room to grow, and the Capillary Strips not only keep your plants hydrated, they also help you easily lift your plants out of the Pots when it’s time to transplant.

**Parts**
(4) Pots  
(4) Capillary Strips  
(1) Reservoir Tray

**How to Plant**
Fold a Capillary Strip in half with the soft side facing in. Place it into a Pot with the narrow center of the Strip sitting on top of the slot in the bottom (Figure 1). Use the handle of a spoon or fork to push the Strip through the slot until it reaches the feet of the Pot (Figure 2).

Hold the Capillary Strip against the sides of the Pot while filling the bottom with potting mix (sold separately). Use the handle of a spoon or fork to press the Strip into bottom of the Pot until the ends of the Strip line up with the top of the Pot (Figure 3). Place your seedling or small herb into the Pot, and fill the remaining space with potting mix.

Water the Pot from the top, making sure the Capillary Strip is moistened.  
**NOTE:** The mat needs to be wet to start the wicking action with the Reservoir. Place the Pot into the Reservoir Tray. Once all 4 Pots are planted and sitting in the Tray, fill the Reservoir with water.

---

**Figure 1**
![Diagram of a Pot with a slot for a Capillary Strip]

**Figure 2**
![Diagram of a Pot with a Capillary Strip being inserted through a slot]

**Figure 3**
![Diagram of a Reservoir Tray with a slot for a Capillary Strip]
Care

Check the Reservoir regularly, adding water when the level gets low. Water your plants from the top when necessary. **NOTE:** Fertilizers should be applied with top watering. Do not add them to the water in the Reservoir.

If you find that your plants are overwatered and too wet, empty the water from the Tray and let your plants dry out some. Once they are drier, fill the Reservoir Tray with water and resuming your normal watering schedule. **NOTE:** If the Capillary Strips are dry, water the Pots from the top before refilling the Tray.

Transplant

When it’s time to move your seedling to the garden, lift up on the ends of the Capillary Strip to gently pull the plant out of the Pot (Figure 4). With the Capillary Strip acting as a hammock, the roots system should stay intact without experiencing transplant shock. Carefully peel the Mat away from the roots and potting mix, before placing the seedling in its new home.

**Important:** Before replanting the Pots, make sure you thoroughly handwash both the Pot and the Capillary Strip in hot water. Replacement Capillary Strips are sold separately.

For more seedstarting products, please visit us at gardeners.com.