

SPROUTS UP!

GROW YOUR OWN VEGETABLES
WITH THESE SIMPLE IDEAS



What's one of the best secrets to helping kids love their veggies? Help them grow their own! Children (and grown ups, too) love the satisfaction of nurturing and helping create the food they eat. You can help teach your kids about plant life and start seedlings indoors with these easy ideas.

Soaking Up Knowledge: Try These Experiments with Your Kids

Do Plants Get Thirsty Just Like Us?

Want to find out how a plant drinks? Fill a jar with water and add food coloring. Place a celery stalk in the jar. As transpiration takes place, the water will be pulled up through the stem. The colored water will color the celery stalk. Amazing!



What Happens to the Seed Under All That Dirt?

Young children find it hard to be patient while waiting for a seed to sprout. Help show them the process by placing a large seed (beans are a good choice) in a clear jar. Position the seed along the edge of the jar bottom and cover with loose soil. Keep soil moist and watch as the seed sprouts in just a day or two and begins its journey skyward.



More ideas on page 2!

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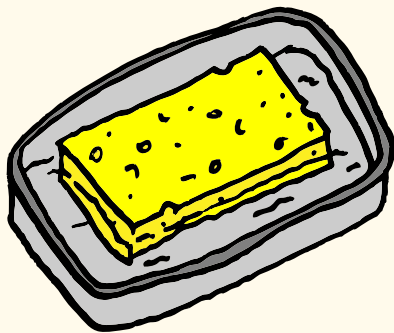
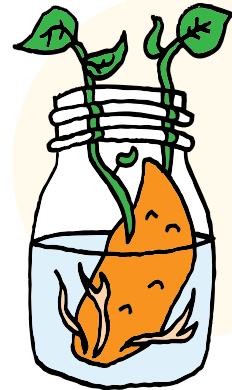
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A Good Start for Seedlings: Begin Your Garden Indoors Any Time of Year

Yam in a Jar

Place a sweet potato or yam in an empty peanut butter or jam jar. Change the water frequently and watch the sprout expand. Plant outdoors to harvest in the fall.



Sponge Garden

Grow your own lettuce in a sponge garden. Place lettuce seeds in the holes of a moist sponge. Keep the sponge moist in a shallow pan in a well-lit area. Soon you'll be harvesting masses of foliage. Add fertilizer for even more abundant leaves.

In the Bag

Place hearty vegetable seeds like carrot or tomato in a plastic Glad® sandwich bag with a small amount of water and tape it to the window. In just a few days the seeds will begin to grow and will be ready to be transplanted to a pot or garden.



Eggheads

Grow a whole row of fanciful seedlings in empty eggshells. Simple wash out a cracked-open half egg shell and give each a little personality by drawing on a face with a felt tip pen. Fill shells with potting soil and seeds. Water gently, put egg shells in egg carton and cover with lid. Keep soil moist but not soggy.

