

Garden Starter

Grow plants from seeds found in your vegetables.

Time to complete: 30 min. (+ 5 min every day to water)

Age Group: 8 yrs. + (or younger with help)

Materials:

- 2 plastic cups
- Clear plastic (bag, cling film)
- Dirt
- Rocks/pebbles
- Sweet pepper or tomato

Instructions:

1. Place a few rocks/pebbles into one of the plastic cups. Poke 4 or 5 holes in the bottom of the other plastic cup and put this one inside the other one. Fill the cup with some dirt (garden soil is best).
2. Eat a sweet pepper or tomato and save the seeds. Plant these seeds in the dirt - just under the surface.
3. Water the seeds. (Just enough to make the soil damp. Any extra water should drip out of the bottom onto the pebbles).
4. Place clear plastic over the top and set it in a sunny place.
5. Check every day to see that the soil remains moist. Once you're sprouts are a few centimeters tall, you can set the plastic aside (for your next gardening adventure).
6. Continue to water your plants daily as needed. Move your plants into a bigger pot or outside.

