

The Magic of Water:

Sprouting Seeds From Your Kitchen

Materials Needed:

Seeds from your kitchen*, paper towel, water, clear plastic bag or glass jar. Optional: potting soil and pots.

***Kitchen seed suggestions:** corn kernels (e.g. popcorn), dry beans and legumes (kidney beans, lentils, peas, soybeans, etc.), dry seeds (sesame, flax, chia, sunflower), dry nuts (not roasted), whole grain rice, wild rice, whole grain (wheat berry, quinoa, buckwheat, millet, etc.) Note: some treated or older seeds may not sprout.



Instructions:

Seeds + Water + Time = Sprout!

Step 1: Collect various dry seeds from your kitchen (grains, beans, vegetables, flowers, nuts). Ask your child which seeds they think will grow.

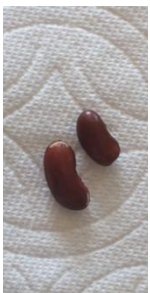
Step 2: Place dry seeds on a paper towel. Spray the paper towel with water.

Step 3: Place in clear plastic bag by a sunny window.

Step 4: Wait 3-10 days (seed germination times vary). Keep paper towel moist and leave bag slightly open to prevent mold.

Step 5: Look at your seeds daily. Watch the roots emerge, then green leaves!

Step 6: Plant your seedlings in soil to let them grow.



Discover how seeds grow!

www.youtube.com/watch?v=tkFPyue5X3Q