

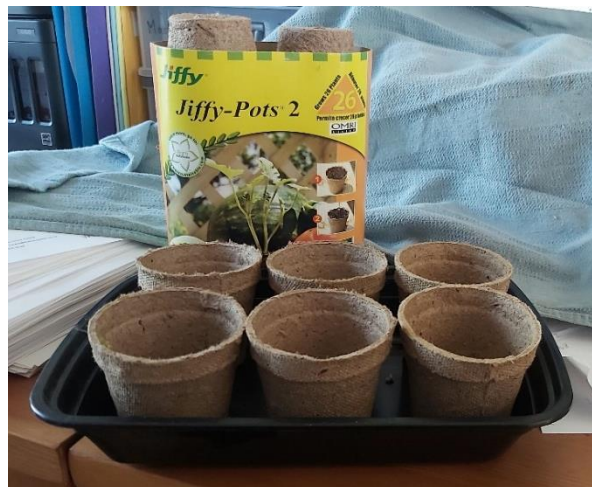
Growing Seeds Planting Activity

Each participant/ family should have the following:

1. Potting soil – about 250 ml or a cup is more than enough for one pot.
2. Jiffy pots or coconut coir pots or cow poop pots
 - i. Alternative (cheaper!)– Paper towel roll (makes 3 smaller pots). Instructions next page. (one seed / one pot)
3. Container to put pots in – old take-out food container for example – see picture.
4. Seeds – All these can be transplanted outside in the garden or containers when it's warmer
 - i. Vegetable: Lettuce, kale, spinach or herbs such as basil
 - ii. Flowers: Marigolds or Zinnia or Gaillardia or Cosmos or Nasturtium – all pollinator friendly

Things Participants may already have at home:

5. A large bowl or bin for soil and for working in (helps keep everything in one place).
6. Water (to moisten the soil) – warm or cold. I prefer warm and we'll do this together.
7. Newspaper on work surface
8. Sieve if possible (easier to sprinkle soil on top of seed)
9. Spray bottle with water if possible (spray water onto newly planted seeds rather than pour from watering can)



Paper towel plant pots:

Divide the roll in 3 parts. Cut them so you have 3 smaller rolls.



Draw 4 equal lines (1.5 cm/~1inch) and cut these lines. Fold two opposite pieces into the middle.



Fold the other two opposite pieces into the middle and press down a little (make a dent in the bottom – they should stay in place).

