



GOING GREEN

Suitable for Ages 7-12+

WHAT'S HAPPENING?

Speedy Seeds

MISSION

Use our windowsills and upcycled lids to grow fresh, nutritious, leafy greens.

CONTACT

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SPEEDY SEEDS

Materials

a jar lid
paper towel
microgreen seeds

types of seeds for speedy sprouting:
alfalfa, kale, peas, radish, amaranth, chard
(anything grown for sprouts or leafy greens will also work)

Instructions

find a work surface that can be wiped clean

cut paper towel to fit into jar lid
press into lid and sprinkle water until damp

scatter microgreen seeds evenly
over the damp paper towel inside the jar lid

seeds should cover the surface evenly
without clumping together

place lid in a sunny windowsill

water regularly - don't flood the seeds,
but don't let them dry out either!

microgreens are ready when plants have grown
a few leaves, usually after a few days or a week

cut a few leaves at a time just above the roots,
for salads, garnishes or sandwich fillers

for more information about GOING GREEN

garddwest.com/ecoeducation
or email Katie at garddwest@gmail.com



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WHAT'S HAPPENING?

at-home activities for youth
who want to Go Green

MISSION

Let's show Mother Nature some love!
Let's all learn about the many things we
can do to show the planet that we care!

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Here are some of the exciting things you will experience:

Make Recycled Paper

Plant Vegetable Seeds

Windowsill Salad Garden

Learn About Ecology and Soil Science

Nature-Based Storytime

and so much more!

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GARDDWEST ECO-EDUCATION

JOIN US ONLINE: March 18 - April 22

Here are some of the exciting things you will learn:

Simple Eco-Science Projects

Growing Vegetables and Flowers

Why you should say no to plastic...

How you can be Mother Nature's voice,

And so much more!

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