



# SPROUTS

Suitable for Ages 5+

## WHAT'S HAPPENING?

Windowsill Edible Garden

### MISSION

Bring children into gardening at an early age, and empower a new generation of gardeners.

### CONTACT

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## WINDOWSILL EDIBLE GARDEN

### Materials

*\*consult our website for more info about seeds to use*

beans or seeds

lettuce/greens are ideal, or select *DWARF* varieties to plant  
small amount of damp potting soil (not dripping wet)

paper towel, cup of water

jar lid or shallow dish with lip

recycled containers for planting

### Instructions

*find a work surface that can be wiped clean*

fill each container with damp potting or seed starting soil  
gently pat the surface but don't press the soil too hard

sow seeds according to packet instructions

*roughly as deep as the seed is large*

*i.e. 2cm bean, planted 2cm deep*

small seeds can be scattered across the surface  
of the soil, then covered with a thin layer of soil

for larger seeds, make a small hole in the soil with  
a pencil or skewer and gently push the seed into the hole

make sure all seeds are deep enough, and covered by soil

use a spray bottle to water thoroughly after planting

REMEMBER to label everything!

### Finishing

*remember to clean your work surface and tools*

place the containers on a bright windowsill out of direct  
full-day sun, or plants may get too hot and "bolt"

water thoroughly and evenly every day

don't let the plants dry out but don't drown them either!

as the plants grow, thin out smaller or weaker ones