



Microgreens are some of the healthiest, nutrient-rich edible plants you can grow. Best of all, it only takes 5 to 10 days to see results, making this a growing project that is perfect for the classroom

Focus Skills: Natural Science, Observation

Grades: K-5

STEP 1. Gather the supplies you need for your growing project, including containers, soil, and a good microgreen seed mix. Easy to come by containers include recycled plastic berry containers or shoeboxes.

STEP 2. Have students fill their containers with a good soil mix. Don't worry about filling it all the way to the top because microgreens don't need much soil.

STEP 3. Give students a small handful of seeds to sprinkle on the top of their soil. Then add one more thin layer of soil on top of the seeds, about a half-inch

STEP 4. Lightly water the new garden. Then check every two to three days to see if more water is needed. Students can do this by just sticking a finger about an inch into the soil. If it feels really dry, it's time to add water.

STEP 5. After 5 to 10 days, you'll see little sprouts coming up from the seeds. After 14 days, you can pinch those little sprouts off and taste them! You could even do a sprout pizza in your classroom using bagel halves, cream cheese, and shredded carrots.

GARDEN TIP: What are microgreens? They are just the seeds of common garden plants like arugula, lettuce, sunflowers, and others. In sprout form they are called microgreens, and they're filled with great nutrition. You can use almost any garden seed to do microgreens, but you might want to look for a seed mix (you can find them on Amazon) to get better sprouting overall.



DID YOU KNOW?

Toys and play provide endless opportunities for creative exploration, which can aid in becoming a creative adult. A recent IBM Institute survey showed CEOs value employees with creativity!



TOY TIME TIP! For a fun spin, use a garden kit that offers a few extras for your students. For example, you can find fairy gardens in the project section of your toy store. You can also look for kits that show the root system of veggies like carrots.