



Family Garden Activities

Activity One: Veggie Confetti

Supplies:

- Shallow pot or container that is 2" deep (disposable 9x13 foil pans work well)
- Garden seeds: mustard, radish, kale, spinach, work well.
- Potting soil
- Spray bottle filled with water

Directions:

1. In a bucket or bowl, mix potting soil with a little water until it feels like a moist sponge. It should not be so wet that water can be squeezed out of it.
2. Fill your container with potting soil; leave about ½ inch of space from the top.
3. Sprinkle your seeds thickly on the soil surface and cover loosely with a handful of soil. Lightly tap the soil in place with your hands and mist it with your spray bottle until damp.
4. Place the microgreen container in a sunny window or outside (if above 55 degrees).
5. Check your tray daily. Mist the soil surface and the sprouting plants 1-2 times a day with your spray bottle. If the soil surface is dry, gently water.
6. When the microgreens sprout, seed leaves (*cotyledon*) unfurl first. In 3-7 days, the first *true* leaves emerge. When two or three true leaves appear, you can harvest your microgreens!



Harvest and Storage

- To harvest, cut microgreens at the soil surface with scissors.
- Store unwashed microgreens in a loose plastic bag in the fridge.
- Enjoy by topping all your meals with the vegetable confetti you just grew! They are especially tasty on salads, sandwiches, eggs, or by the handful.



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Activity Two: Salad Bowl

Supplies:

- Seeds- quick varieties like lettuce, arugula, or salad mix
- Growing container (pot, clean plastic food container, etc.). Anything that will hold soil will work!
- Potting soil
- Spray bottle filled with water

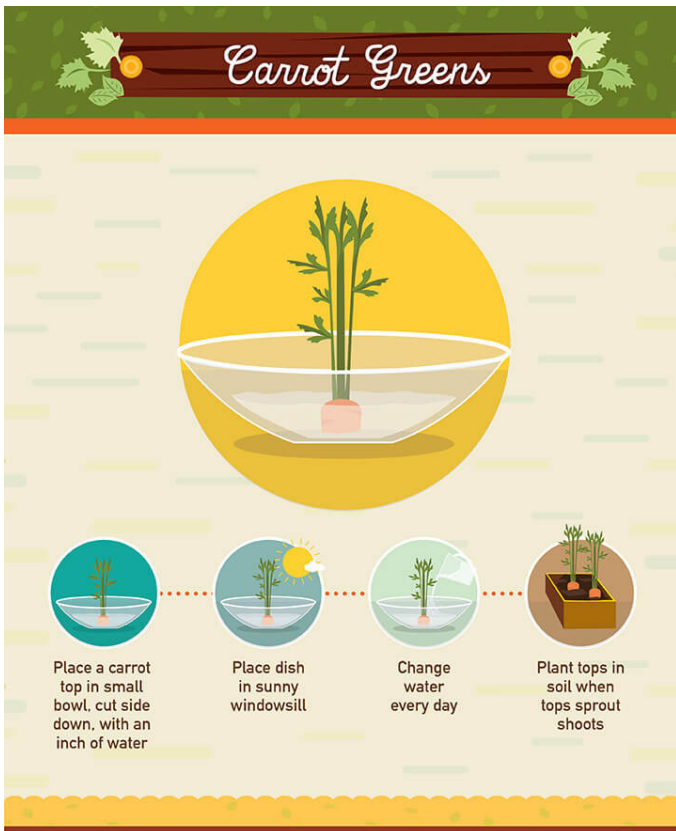
Directions:

1. In a bucket or bowl, mix your potting soil with a little water until it feels like a moist sponge. It should not be so wet that water can be squeezed out of it.
2. Place seeds about 1-inch apart on the soil surface. Cover with a sprinkle of potting soil and tap down gently.
3. Find a sunny spot. In the spring or summer, outside is best. If it's fall, find an indoor spot near a window that faces south or west.
4. Place your planted containers in your sunny and mist the soil with your spray bottle until wet.
5. Check the soil daily. If it feels dry, gently water.
6. Once the leaves on the greens are a few inches tall, you can harvest! Carefully use scissors to cut your salad 1 inch above the soil line.
7. Wash your greens and then enjoy them in a big salad! :)



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Activity Three: Scraps to Plants



Place a carrot top or tops in a bowl, cut side down. Fill the bowl with about an inch of water so the top is halfway covered. Place the dish in a sunny windowsill and change the water every day. When the tops sprout, plant them in soil, careful not to cover the green shoots. Harvest the greens when they're 3-4 inches tall.

Rinse off the base of a bunch of celery and place it in a small bowl, cut stalks facing upright. Fill the container with water and place it in a sunny area. Change the water every other day. After five to seven days, move the celery base to a pot filled soil. Cover the celery with soil, but leave the leaves uncovered. Water when soil feels dry. Harvest when celery is fully grown.