

FAMILY FUN: “HOW TO GROW A SALAD”



Greetings:

**In this session, we will be planting seeds for a salad.
Time permitting, we will also plant a few sunflower seeds.**

We will start the session decorating planter pots for the tomato, cucumber, lettuce and sunflower seeds. While we are decorating the pots, we will watch a few videos on planting seeds. When the video is done, we will put the potting soil in the pots. We also need to label the popsicle sticks for each individual pot, so that the children will know what is growing, once the seeds are planted.

We also need to discuss the importance of watering, and journal the growth of the plants. If your parent will allow you to use their phone, take a picture of the growth of your plants weekly. At this point, we will watch a time lapse video of seeds that have been planted. It is incredible to see the process go from seed to actual vegetable and flower. Your kit should include: planting pots, potting soil, plastic spoon, plastic table cloth, popsicle sticks, water bottle, notebook, and packs of seeds (**tomato, cucumber, carrot, lettuce and sunflower**).

This project is one that you can enjoy with your family.
The process will take weeks before you to enjoy the fruits
of your labor. **Bon A petit !**

