

Grow Your Own Salad



Provide children with an opportunity to learn about seed growth by sprouting their own seeds. This activity will help students understand what a seed needs in order to sprout – warmth, water, space, and air, and will also help them understand where their food begins. This is also a great chance to introduce students to various healthy vegetables that might be found in a salad. You might decide to bring samples in for a salad tasting party.

You will need:

Clear plastic food containers (the type you would get at a salad bar)
Potting soil
Various seeds, such as lettuce, radish, carrot, and cucumber
Water

How to:

1. Fill the container with potting soil.
2. Use the directions on the back of the seed packets to determine depth and spacing.
3. Water until soil is moist.
4. Place in a sunny location and add water as needed. Close the lid when you see the first signs of growth.
5. Remove the young plants when they are tall enough to touch the lid. Transplant to a larger container or garden.
6. Enjoy your home-grown salad!

Suggested Books:

Pick, Pull, Snap by Lola Schaefer

Growing Vegetable Soup by Lois Ehlert

One Bean by Anne Rockwell

It Started as a Seed by Dr. Alden Kelley

A Seed is Sleepy by Dianna Hutts Aston and Sylvia Long