Grow at Home Activity Guide

Share your progress with us!
@WashYouthGarden
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**How to Grow Lettuce**

Learn how to grow your own food!

**Step. 1**

Find a container to plant your seeds in!

If you don't have a pot, try using these common household items:

- Large yogurt or fruit containers
- Plastic drinking cups
- Plastic bottles (2 liters) with tops cut off

**Step. 2**

Fill your container with soil from the growing kit.

Make sure your soil is moist before planting your seeds

**Step. 3**

Plant your seeds!

Make a hole 1/4-1/2 in. deep using your finger (up to your 1st knuckle)

Cover the holes with soil & place in a sunny spot

**Step. 4**

Water your seeds!

Spray/mist your seeds to avoid disturbing them before they sprout.

You can use an old spray bottle or water bottle with holes poke in the lid - just make sure it's clean!

Follow [@WashYouthGarden](https://www.instagram.com/WashYouthGarden) on Instagram for a step-by-step tutorial or to DM us with any questions.
Watering

Your seeds should be watered every day until they sprout.

After your seeds have sprouted, test the soil daily with your finger. If the soil feels dry, water your plant! If it feels moist, no more watering is needed that day.

After the lettuce has grown & leaves form, you will notice the leaves wilt when the plant needs water.

Try to keep the soil moist but not too wet. (Plants can drown!)

Harvesting

You can begin harvesting your lettuce about a month after you plant it.

Here are some harvesting tips for best results:

- Harvest early in the morning, when the leaves are their most hydrated and crispest
- Only harvest the larger, outer leaves. (leave at least 4 leaves so the plant can keep growing)
- Use scissors to cut leaves near the base of the stem
- Harvesting every two weeks ensures a steady supply that keeps replenishing!
**Build a Seed Greenhouse**

Learn all about germination!

This activity is great for demonstrating how seeds grow!

For this activity, you will need:
- 1 small ziploc bag
- 1 paper towel
- a few seeds
- 1 piece of tape

**Step. 1**
Soak your seeds overnight.

**Bonus question:** How might this affect germination?

**Step. 2**
Fold the paper towel so that is fits in the ziplock bag.

**Step. 3**
Place one dry and one soaked seed inside the bag.

**Bonus experiment:** place another set of seeds in a paper towel outside a plastic bag.

Do the two sets of seeds grow the same way?
My Seed Notebook
Track your seed's growth!

My Seed is a __________ seed.

Today my seed looks like:

In one month, it will look like:

When it is ready, I will use my plant to make:

My seed is ____ weeks old today.

Today my seed looks like:

I think my plant needs more:

Sunlight

Soil

Less Water

More Water
My Seed Notebook
Track your seed's growth!

My seed is ____ weeks old today.

Today my seed looks like:

I think my plant needs more:

Sunlight  Less Water

Soil  More Water

My seed is ____ weeks old today.

Today my seed looks like:

I think my plant needs more:

Sunlight  Less Water

Soil  More Water
Experiments List
Use this list to pick more experiments you can conduct with your seed...or design your own!

Do seeds need light to sprout?:
Put one set of seeds in a dark place and another set in a light place. Which grew better?

Do seeds sprout faster if they're pre-soaked
Soak some seeds for 1 hr, some for a few hrs, and some for a day. Which grew better?

Does room temp. affect germination rate?
Put one set of seeds in a warm place and one in a cool place. Which grew better?

Do microwaves affect germination?
Put one set of seeds in the microwave before planting. Did these grow better than seeds that weren't microwaved?

Does pre-freezing affect germination?
Leave some seeds in the fridge/freezer overnight. Do they grow better than seeds left on the counter?

Do seeds germinate better in dirt?
Instead of a paper towel, sprout your seeds in some coir and some in dirt. Which seeds grew better?

Does talking to seeds affect germination?
Read your seeds a bedtime story. Do the grow better? Faster?

Does pH affect germination?
Wet your paper towel with something other than water, like vinegar. Did these seeds grow better?
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<thead>
<tr>
<th>Problem:</th>
<th>Materials:</th>
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<tbody>
<tr>
<td>What question are you trying to solve?</td>
<td>What items do you need to conduct this experiment?</td>
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<table>
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<th>Hypothesis:</th>
<th>Procedure:</th>
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<tr>
<td>What variable are you testing and what do you think you will find out?</td>
<td>How will your experiment work step-by-step?</td>
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The Scientific Method

Results: Describe the variables you're testing & record your results

<table>
<thead>
<tr>
<th>Week __:</th>
<th>Variable 1:</th>
<th>Variable 2:</th>
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The Scientific Method

Conclusion:
What do your results tell us about your hypothesis? Was it correct? What would you test some more?
Recipes
Make your Own Salad Dressing

The Basic Formula:
- 3 parts oil (fat)
- 1 part sour (acid)
- salt & pepper
- any extra flavors you want
- Combine in a jar & shake well

Favorite Fats:
- olive oil
- sunflower seed
- grapeseed
- avocado
- canola oil
- mayonnaise
- tahini

Favorite Acids:
- lemon
- lime
- red wine vinegar
- white wine vinegar
- apple cider vinegar
- balsamic vinegar
- rice vinegar

Favorite Flavors:
- garlic
- shallots
- fresh or dried herbs
- mustard
- honey
- soy sauce

Preparation:
Put your greens in a bowl;
Add some of your dressing;
Toss & taste;
Add more dressing if needed;
Serve!

Nutrition Facts:
Calories...............................110
Total Fat.........................12.6 g
Carbs................................0.3 g
Protien................................0 g
Recipes
Savory Seeds

Ingredients:
- 1 cup pumpkin seeds (or any other seed or nut)
- 1 tsp. olive oil
- salt & pepper to taste
- optional spice mix

Preparation:
- Set oven to 375 degrees
- Toss seeds in olive oil & spread on large baking pan
- Roast seeds while stirring occasionally - 13-15 or until golden brown
- Remove pan & immediately toss seeds w/ your salt, pepper, and spice mix
- Let cool for 10 min, serve, and enjoy!

Spice Mixes:
- 1 tsp. garlic powder, 1 tsp. ground coriander, pinch cayenne
- 2 tsp. curry powder, 1 tsp. brown sugar
- 1 tsp. allspice, ¼ tsp. ground cinnamon, 1 tsp. red pepper flakes, 1 tsp. dried thyme, ¼ tsp. ground cumin, ¼ tsp. ground cloves
- 2 tsp. old bay
- Whatever you want!

Nutrition Facts:
Calories..........................50
Total Fat..........................4.5 g
Carbs.................................2 g
Protien...............................2 g
Recipes
Bean Dip
Adapted from FoodCorps Kindergarten Lesson, 2018

Ingredients:
- 2 cans of any beans, drained & rinsed
- 4 tbsp. olive oil
- 4 tbsp fresh leafy herbs (parsley, basil, cilantro, etc.)
- 4 tsp aromatic herbs
- salt & pepper, to taste

Preparation:
Add ingredients to blender and pulse; Taste & add more herbs or seasoning as needed; Enjoy with sliced vegetables, crackers, or spread on a sandwich!

Nutrition Facts:
Calories...........................................224
Total Fat.........................................7.8 g
Carbs.............................................30.8 g
Protien..........................................9.8 g
Going Further

Quick Tips:

- 1 large pot can support a few heads of lettuce; make sure your seeds are planted 2 inches from each other and the sides of the pot
- Seeds started in a small pot (<6 in.) your plant will likely need to be transplanted into a larger pot
- If your plant will eventually live outside, acclimate it slowly to the outdoors by bringing it out during the day and back inside at night for a few days before leaving it outside permanently - this is called "hardening off"

What other seeds can you find in the food you already eat that you can try planting?

Share your progress with us on Instagram or Facebook @WashYouthGarden

Visit www.washingtonyouthgarden.org/distancelearning for more activities & garden-based lessons
For seeds:
www.trueloveseeds.com
www.southernexposure.com
www.highmowingseeds.com
For local seedlings & supplies:
www.cultivatethecity.org
www.purpletools.net
dpr.dc.gov/service/garden-tool-share-program

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