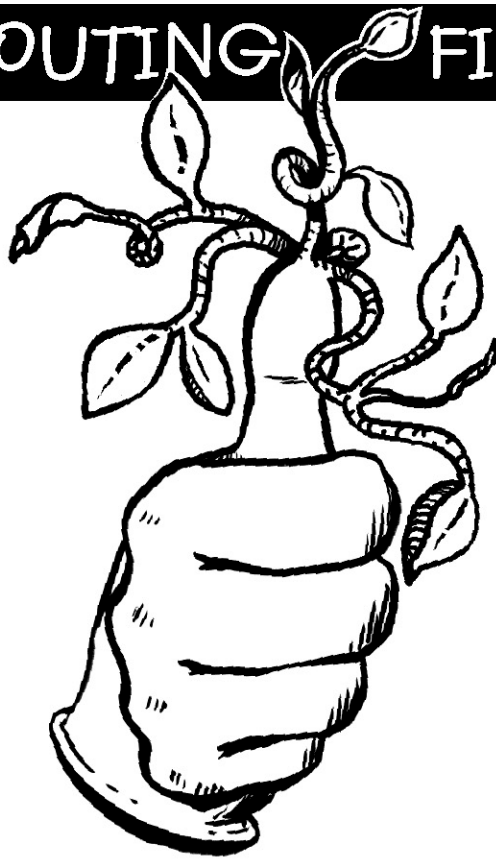


SPROUTING FINGERS



Materials

Each student will need:

- One clear food handler's glove
- Five different small seeds (*see example*)
- Five cotton balls (one for each finger)
- Permanent marker
- Six small bowls for water and seeds

DIRECTIONS

1. Write the name of a different seed type on each finger and thumb of the glove.
2. Dip a cotton ball into water, saturation is not necessary.
3. Dip the cotton ball into the bowl of one of the seeds you plan to sprout. Less than a dozen seeds works best, so use a light touch.
4. Place the cotton ball, seeds and all, into the correctly labeled finger. Do the same for the remaining four types of seeds.
5. Secure the opening with tape or a paper clip.

There is no need to water; the cotton ball contains enough water to germinate the seeds. Most seeds will sprout within a week; seeds will even sprout in the dark! You can even transplant them (transplant *the entire cotton ball with seeds* into a pot of soil).

Do not use large seeds such as corn or beans. The cotton will contain only enough water to enlarge these seeds, not germinate them.

