



## Grow Your Own Salad

Increase knowledge of the needs of seeds. Help children understand seeds need warmth, water, space, and air to sprout. Introduce students to healthy vegetables they may find in a salad.

### Directions

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!

### Supplies

- 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

**Extension Activity:** You may choose to bring in items for a salad taste testing party.

### Suggested Books

