

SEED PLANTING 101

PLANT NAME: _____

DATE PLANTED: _____

1. GATHER MATERIALS



SOIL



SEEDS



POT OR CONTAINER



WATER

2. ADD SOIL TO YOUR POT



3. PLANT THE SEEDS

MAKE A SMALL HOLE IN THE SOIL WITH YOUR FINGER, DROP A FEW SEEDS IN THE HOLE AND GENTLY COVER WITH A LITTLE MORE SOIL.



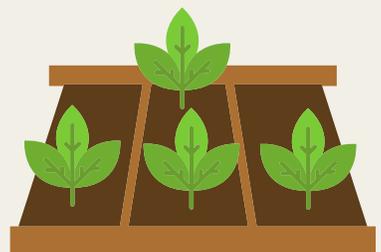
4. ADD WATER AND SUN DAILY

KEEP IN THE WINDOW SILL AND ADD WATER EVERY 1-2 DAYS. WAIT FOR YOUR SEEDS TO SPROUT.



5. TRANSPLANT

WHEN THE PLANT HAS MORE THAN 3 LEAVES, YOU CAN TRANSPLANT IT INTO THE GARDEN, OR EAT WHATEVER YOU GREW.



WATER TRACKER

CHECK YOUR SOIL DAILY. IF YOU TOUCH THE DIRT AND IT IS DRY, YOUR SEED NEED TO BE WATERED.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							

BUILD A WORM FARM

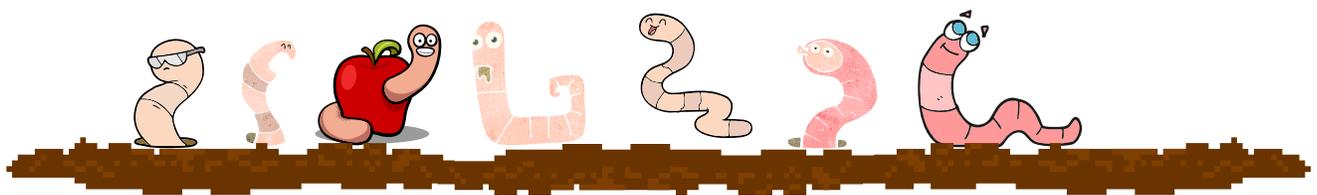
Plastic bins with lids make the perfect container. You want something roomy as well as airtight. A cover will help keep the bucket dark which worms love.

Shred up black and white newspaper to place in the bucket. Then spray the bedding with a spray bottle to dampen it because the worm bed needs moist paper. Add some gardening soil and give it all a good mix.

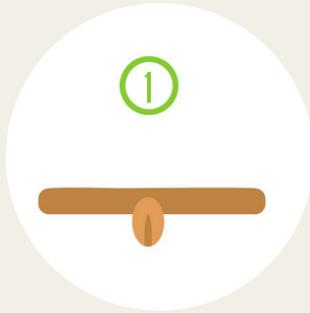
You can now go searching for worms to add to your bucket. Search damp and dark spots in the yard for your worms, or if you have to snag some at a local bait shop.

Once per week, gently mix and turn the beds. This will help add some air and oxygen to the farm which the worms will need. In time, the worms will turn the scraps and paper into rich soil full of organic matter perfect for your plants.

Don't forget to check your worm garden to make sure it contains enough water and airflow for the mixture to decompose properly.



GROWTH STAGES



MEASURE YOUR SUCCESS

CHART THE GROWTH OF YOUR PLANT BY DRAWING IT AND SEE HOW IT CHANGES OVER TIME!

