



## Planting Seeds for Parents & Kids

What better way to appreciate fruits, herbs and vegetables than to plant them yourselves! A [study](#) shows that kids who garden are more likely to eat fruits and vegetables. If you don't have a backyard, it is easy to grow and maintain potted herbs on your windowsill. Your kids can water the herbs and snip some leaves to help you prepare dinner!

Here is a fun activity you can do with your kids!

### Green & Easy Trick to Plant Seeds

Supplies Needed:

- Old newspaper torn in vertical strips
- Empty aluminum can (soda pop, whatever you have)
- Potting soil
- Hand trowel
- Seeds

Instructions:



1. Take a strip of newspaper. Lay it on a flat surface.



2. Set an aluminum can at one end of the newspaper, leaving about 2 inches of newspaper free. Wrap the newspaper around the can by rolling it tightly.



3. Turn the can upside down so that the newspaper side is facing up. Gather the loose ends of the newspaper and pinch/fold them inward, sealing off the can. You now have a sealed newspaper container.



4. Gently remove your newspaper container from the aluminum can. Turn it upright so the open end faces up. You now have a tiny seed cup.

5. Using a hand trowel, fill your seed cup with potting soil. Poke a hole in the middle, place a seed in the hole, and then cover the seed with potting soil.

6. Plant your newspaper planter directly in the ground (or in a pot). It will decompose naturally.