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.

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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.

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