

# FIT WIC FUN AND GAMES PAGE



## Grow a garden this spring!

Spring is a great time to start growing a garden. Seedlings are young plants that you can start from seeds indoors. Eggshells and cartons are perfect little containers for starting seeds. You and your child can have fun planting seeds and watching them grow.

### What you'll need:

- Empty egg carton
- Seed packet — try smaller seeds, such as lettuce or spinach or herbs such as basil, parsley or dill
- Teaspoon
- Eggshell halves
- Scissors
- Potting soil

### Instructions:

(Steps 1 and 2 can be done by an adult or older child. Your young child can help you with the other steps.)

1. With scissors, cut off bottom of egg carton to hold eggshells. If you are planting more than one type of seed, write on the egg carton what you are planting.
2. Rinse eggshell halves very gently with water. Let air dry.
3. Using a teaspoon, fill each eggshell with soil.
4. Put shells in egg carton.
5. Place 3 or 4 seeds in each eggshell following the directions for planting on the seed packet. Cover the seeds lightly with soil.
6. When all the shells have been planted, water lightly (or mist with a spray bottle if you have one) and place in a warm, sunny window.
7. Have your child help water the seeds each day with a teaspoon of water (or a light mist of water from a spray bottle). It may take a week or so to start seeing little plants spring up.
8. Once your plants are growing (and are about 3 inches or so), plant them outdoors in a garden if it's warm enough and there's no chance of frost. If it's still too cold outside or you want to plant in containers, plant the seedlings in pots to watch them grow indoors and move them outdoors when it's warmer.
9. When planting the seedlings in the ground or in a pot, you can leave them in the eggshell. You may want to make a small hole in bottom of eggshell or crush the bottom lightly to allow roots to spread when planting.

You can talk with your child about what seeds need to grow into plants — soil, water, sunlight, air. And how a lot of the food we eat comes from plants just like the ones you are growing — vegetables, fruits, grains (bread, cereal, pasta, rice, etc.).

If you don't have a garden space, you can try container gardening.

For more information about gardening, check out [kidsgardening.org](http://kidsgardening.org).