



Waldo County 4-H Program
992 Waterville Rd, Waldo, ME 04915
(207) 342-5971 Ext
(800) 287-1426 toll free in Maine
(800) 287-8957 TDD
sadee.mehuren@maine.edu
joyce.weaver@maine.edu

Putting knowledge to work with the people of Maine

Fun with Seeds

Purpose of activity: The purpose of this activity is to engage youth in the process of growing their own vegetables and to teach them basic gardening and record keeping skills.

Materials:

- Seeds (a variety of seeds will work for this project)
- Potting Soil
- Cardboard Egg Carton
- Small Watering Can
- Water
- Plastic Wrap
- A sunny window
- Plate or tray
- [Fun with Seeds Garden Log](#)

Instructions:

1. Remove the lid from the cardboard egg carton.
2. Cut the egg carton to separate the sections and place them on the plate or tray. The tray or plate will hold water if any seeps out of the egg carton.
3. Fill each section $\frac{3}{4}$ of the egg carton full with potting soil.
4. Place the seeds in the soil according to the package directions and sprinkle some potting soil over the top.
5. Water the seeds just enough to make the soil moist and cover the tray loosely with plastic wrap.
6. Place the tray or plate in a sunny spot in your home. This might be a windowsill, a shelf, or a counter top.
7. Remove the plastic wrap carefully to check the soil regularly to see if it needs more water. Water the seeds based on the directions for the type of plant you are growing. Some seeds require more water than others. Water and cover again with the plastic wrap.
8. When the seeds have started to sprout, remove the plastic wrap allowing your plants to grow.



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9. When the seedlings are large enough, you will need to transplant the seedlings into larger pots or plant them directly into a garden or raised bed. You should not have to remove the seedlings from the egg carton. Instead, plant the whole section of the egg carton directly into the soil.
10. Continue caring for your seedlings after they are planted. Their needs may change when they are moved outside. Be sure to water them as needed and remove any weeds that grow around them.
11. Watch your garden grow! Depending on the plant that you chose to grow, your garden will take varying amounts of time until it is ready to be harvested. Check the back of your seed packet or have a parent help you do some research to find out how long your plant will take to grow.

Extended Challenge:

- Try finding a recipe to make with the vegetables that you grew.
- If you have extra veggies, try canning some of them to preserve them.