

Watch a Seed Grow!

Supplies:

Several Vegetable seeds of your choice (lima bean, squash seed, green bean seed, etc.)
Plastic zip loc sandwich bag
1 paper towel square
Several small cups for planting
Potting soil
Ruler
Paper and Pencil for Growth Chart
Markers/crayons and paper for Parts of a Plant extension if desired

Observe Parts of a Plant

1. Dampen the paper towel square. Fold it in half 2-3 times so it fits in the sandwich bag.
2. Place one seed in the middle of the baggie with the paper towel. You should be able to see the seed from one side of the baggie.
3. Seal baggie and tape it to the inside of a sunny window.
4. Observe it each day to see what it is doing. When do the roots start? When do the leaves start?
5. When the leaflets pop out, you can plant the seed in a cup with soil and continue to watch it grow.
6. EXTENSION: Using paper and markers/crayons, draw the parts of the plant when it has sprouted. You can draw a new picture each day for a sequence story of your seed sprouting!

Measure and Chart Plants as they GROW

1. Fill several small cups with potting soil. (5 oz. paper or 10 oz. plastic work well)
2. Poke a hole in the soil with your finger about ½" deep. Put a vegetable seed in each hole and cover with soil.
3. Place cups in a small, shallow pan. If you don't have one you can make one with a sheet of aluminum foil by folding up the edges to form sides.
4. Water each cup and place in a sunny spot.
5. Check daily to see if soil needs water. Don't overwater. A small spray bottle is a good way for a child to have fun watering without getting soil too wet!
6. Once your seed sprouts, measure it each day to see how tall it has gotten.
7. Record your measurements each day as you watch your plant grow.

Note:

When your plant is big, you can plant it in a window box, container, or outside and see how long it takes to produce vegetables!