

Little Sprouts (Vegetable Gardening)

Researchers at Texas A&M University discovered that when 4 and 5 year olds spent around 30 minutes per week planting and tending a garden, they became less likely to refuse vegetables when offered to them. The children also increased their preference for green beans over other vegetables after spending time in a garden that included green beans. If you have the children in your care involved in a simple garden, you may also see a shift in their attitudes toward vegetables!

This sprouting project can be done in addition to planting seeds in outdoor soil. The sprouting seeds in a jar will demonstrate to the child what is also happening underground. It also shows why patience is needed to wait for seeds to poke their sprouts above the ground.

CODE: Low activity level 

PROPS:



Bean or squash seeds



Plastic jar with cover (ie: peanut butter jar)



One piece construction paper



Paper towels

ACTION:

1. Place a piece of rolled construction paper in a clear plastic jar so that the paper touches all sides of the jar.
2. Stuff crumpled paper towels into the center so that the paper is firm against the sides of the jar.
3. Place several seeds in between the jar and the construction paper. Moisten the paper towels. Put lid on jar. Place on an indoor window sill. The seeds should sprout in about five days.

Variation for using a plastic bag: Wet a paper towel with water. Fold the towel to the size of a small zip-lock bag and insert into the bag. Place several seeds, such as bean seeds, into the bag in between the bag and the towel. Tape to a sunny window and watch the seeds sprout.

