

This is a fun activity for children as they watch their seeds germinating into seedlings AND they can taste the green leaves to experience the different flavours nature has to offer!

*Tools & Materials Required:*

- ❖ Eggbox for each child
- ❖ Basil seeds (12 per child)
- ❖ Broccoli seeds (12 per child)
- ❖ Cress seeds. (12 per child)
- ❖ Seed compost
- ❖ Sharpie (felt tip) pen
- ❖ Recycled watering bottle for watering seeds  
(see Making watering bottle for seedlings Activity)



In each eggbox, we recommend planting about 6 seeds in each cup (since not all of them may germinate), with 2 cups of each seed type per child:

**1. Prepare your cartons**



First, you'll need to collect your egg cartons.

Once you've collected your cartons, they need a bit of prep. Drainage is important to prevent water from collecting and rotting the seed or roots. So poke a few small drainage holes in the bottom of each cup.

side down on the table.

Then cut the lid of the egg box off along the hinge joint of the carton. Turn the lid upside down and place flat

Then, using a Sharpie (felt tip pen), each child can write their first name or initials on the front side of the lid (so the children's eggboxes don't get mixed up) and then place the lid underneath the seed cups to catch any water.

## 2. Plant your seeds

Next, fill the cups nearly full with a compost suitable for seeds, (**or** you can mix three parts standard compost with one part perlite, an ultra-light volcanic glass that will reduce the density of your soil)

Drop six seeds of each type in two cups, so your eggbox contains 2 cups of Basil, Broccoli and Cress seeds. Then cover them lightly with the seed compost.



Check the seed packet to make sure you don't plant them too deep. The packet will tell you how thick the soil layer on top should be.

## 3. Give them a drink



Water the egg cups well. Keep the soil moist but not soaking while they work their underground magic. If your house is cool, you may also want to put them in a plastic bag to keep them nice and warm. Check on them daily and water frequently when the compost needs it.

Once the seedlings have germinated and several leaves have appeared, the children can now pick the leaves and taste them!!!

