



## Microgreens in the Classroom

Children learn how seeds sprout and grow, practice caring for living things, and taste healthy greens they grew themselves!



### Materials:

- Shallow containers (plastic trays, takeout containers, or paper cups with drainage holes)
- Potting soil or damp paper towels (soil-free option)
- Microgreen seeds (sunflower, radish, broccoli, or pea shoots are fast-growing and kid-friendly)
- Spray bottles for watering
- Plastic spoons for scooping soil
- Plant markers or popsicle sticks
- Magnifying glasses (optional, for observation)





# ALABAMA FARM TO ECE

## Microgreens in the Classroom

### Directions:

- **Prep trays:** scoop soil into containers, filling about 1–2 inches deep. (For no-mess classrooms, use damp paper towels instead.)
- **Sprinkle the seeds:** scatter seeds evenly across the top of the soil.
- **Cover lightly:** gently pat the seeds down and sprinkle a thin layer of soil over them.
- **Watering time:** spray the tray lightly with a spray bottle.
- **Place in sunlight:** Put trays near a sunny window or under a grow light.
- **Daily helpers:** Create a “Garden Helper Chart” so children take turns misting the plants each morning.
- **Observation journal:** draw what they see each day (tiny changes, seed cracking, shoots growing).
- **Harvest & taste:** In about 7–10 days, use scissors to snip the microgreens. Wash and let children taste them plain or on crackers.

\*Read The Tiny Seed by Eric Carle or From Seed to Plant by Gail Gibbons with this activity.

