



You don't need a garden to grow food!
All you need is some good soil, water & sunlight...



FARM FRESH RI

Grab a pot! Here are some seeds that are easy to grow in your classroom:

Radishes, Lettuce, Sunflower Shoots, Basil

- plant seeds anytime
- needs daily water & sunlight
- sprouts within 7-10 days
- can eat the stems & leaves



Remember — the more involved kids are in the growing and making of their food, the more likely they are to eat it! (Plus, it easily aligns to your curriculum standards!)



Beans

- plant seeds anytime
- needs daily water & sunlight
- sprouts within 7 days
- do not use for tastings

Tips & Tricks

Keep your soil damp but not saturated with water (you don't want the consistency of mud)!

Be patient! It will take a little longer for seeds to sprout during the winter.

Get to know your seed by reading the back of the seed packet! Learn how deep to plant it, how often you should water it & how much sunlight it requires!

