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

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!