

## MATERIALS LIST FOR HANDS-ON GARDEN ACTIVITIES

If you'd like to grow some vegetables and/or flowers from seeds, you will need the following items that may be found at Lowe's Hardware, The Home Depot, Walmart, dollar stores or wherever garden/nursery supplies are found:

- ✓ **Seed packets:** Mint or other herbs of your choice; marigolds, sunflowers (if you have space outdoors) or other flowers of your choice; spinach, lettuce, corn or other vegetables of your choice.
- ✓ **Mustard Seed Faith fun options:** You could plant mustard seeds; cut out a bookmark, glue seeds on it, and write a Bible text; or draw around your hand, cut it out and glue the seeds on the paper hand as a reminder of faith. A small container of yellow mustard seeds may be found in the baking aisle of the grocery store, in the herbs & spices section.
- ✓ **Bag of potting soil & containers:** Peat pots, plastic pots, clay pots, planting trays (sold in February and found in stores listed above), milk or water bottle cartons cut down in size, yogurt cups, egg cartons, etc., may be used to start growing plants from seeds. Add soil to the pots or planting trays.
- ✓ **Watering can or hose:** Remember to water your plants regularly!
- ✓ Use a **plastic spoon, garden trowel or your fingers** for making a planting hole for the seeds 😊
- ✓ **Plant markers:** May be made from popsicle sticks, tongue depressors, etc. Make sure to place a marker in the pot with the seed or if/when you plant them in a garden plot of dirt, so you'll know what you are growing. 😊

**Directions:** Plant the seeds according to the seed packet directions or from a gardening book. Be sure to place your plants where there is adequate sun or shade, spaced apart according to the directions. Place the plants in the ground after they have grown some leaves and after the danger of frost is past. Seeds may be started indoors in winter under a grow light or in a window. Be sure to plant your seeds/plants at the appropriate time, since some plants are Fall/Winter plants while others are Spring/Summer plants. Look up recipes on how to use your herbs or vegetables for a tasty meal. Grow flowers and share with others. Have fun! 😊