

How to plant a seed

Plants come in all shapes and sizes, colours, textures and smells. However, they all start as a small seed. All that seeds need is some soil, some sunlight and some water.

While for some of us nature may seem removed or unfamiliar or even scary, growing seeds is a great way of bringing nature back into our lives, a way of experiencing nature even in the busiest of cities.



Steps for planting

- Step 1. Fill a small tub with soil using a spoon to fill the tub almost to the top.
- Step 2. Create a small hole with your finger about 2-3 cm deep. Place your seed inside, cover with soil and press the soil down lightly.
- Step 3. Place your tub in or close to sunlight and water frequently.

Which seeds to plant? You could try some of the following:

- Sunflowers - Sunflowers will sprout in 1 week, become a small seedling in 2 weeks, and should be 5cm tall in a month.
- Lettuces - The seeds will germinate in 7-10 days; growing season is 40-50 days.
- Radishes - Radishes germinate in 3-10 days, and have a very short growing season of 20-30 days.

Tip: When growing seeds with your children, you may want to have more than one seed for each child as some seeds may not grow; they may simply be duds.