

Sprouting Seed Gift Jars

Share the joy of watching your seeds slowly sprout and grow! Explore the process of planting and growing and share with friends.

What you need...

Cotton wool balls
Clean glass jars
Water sprayer
Seeds (Pick whatever you like!
Try sunflower seeds or mixed bird seeds)
Art and craft materials (paint, textures, glitter, glue)



What to do:

+ Using your craft materials, decorate the outside of the jars. Use your imagination. Stick material off-cuts to the jar, wrap ribbon around it or use textures or paint to write a message or draw a picture

Tip! Write the name of the seeds you have used on the outside of your jar

+ Once you have finished decorating your jars, pull apart the cotton wool balls and place them in the jar. Stop once you are about halfway to the top of the jar

+ Spray the cotton wool with water until evenly damp. Then place a few seeds into the top of the cotton wool

+ Put in a warm and sunny place

+ Spray with water daily or if you notice the cotton wool drying out. *Note: Try not to overwater your seeds. They will need a moist environment to sprout, but will rot if the cotton wool gets soggy*

Tip!

Want to make edible sprouts? Try using one of the following seeds - Alfalfa, Cabbage, Cress, Pea, Lentil or Mung

This makes a lovely gift for someone. Be sure to tell your recipient that when the seed has sprouted, gently transfer to a pot with soil for the plant to continue grow.