

SD47 FOOD LITERACY PROGRAM

SPROUTING PEAS IN A JAR



This is a great way to watch and be amazed by how a seed grows!

You will need:

- A large, clear jar (a pint-sized mason jar with a wide opening works well)
- Pea seeds (you can try other seeds too - beans and sunflowers are good)
- Paper towels
- Water

1. Fill the jar with paper towels by having children fold them and push them loosely down into the jar.
2. Gently water your seed jar to wet the paper towels - a spray bottle is a fun way for kids to do this. Don't flood it - you're looking for thoroughly dampened but not sopping towels!
3. Carefully push seeds down between the towels and the side of the jar so they can still be seen. Make sure they are held in place by the towel.
4. Label the jar with the date (and seed type if using more than one), and put in a window. Keep moist.
5. Watch and wait...(just a few days), and then...

6. What do you see?

- **A.** Firstly, you are looking for a root to pop out of the side of the seed.
 - **B.** Then, you are looking for a root to push down into the paper towel (which would be soil if we were doing this in the garden).
 - **C.** Next, you are looking for root hairs to grow out of the main root (these help the seeds take up water and nutrients).
 - **D.** Finally, you are looking for the shoots to come up!
7. Draw a picture of what you see at each stage in the boxes on this page (or on separate paper).
 8. Now you can eat your delicious pea shoots :)

For more info and fun activities, check out the Food Literacy Program website at www.sd47foodliteracy.com. Here you will find instructions for making recycled paper pots to start more seeds, how to make a simple trellis for your peas, and lots more!

If you have questions or would like more resources for home gardening, email Vanessa Sparrow, Food Literacy Coordinator, at vanessa.sparrow@sd47.bc.ca. We are here to support you and your children in their home-based learning.

KEEP WELL & HAPPY GROWING!

A.

B.

C.

D.

