



Wonder
Project

Plant Challenge

Spring fever

If you enjoyed growing your own food in the Plant Challenge, why not branch out and try one of these fun projects over the summer holidays!

Microgreen madness

In the Plant Challenge you grew microgreens hydroponically. Why not try growing them in soil at home?

We've picked the best of the bunch of some cool activities to keep your green thumbs growing.

Take some photos or keep an activity journal so you can share your story in the new year!

- Microgreen madness
- Bottle hydroponics
- Home grown bounty

Step 1

Pick your seeds!

There are plenty of microgreen seed options! Pick your seeds and make sure they're labelled for growing as microgreens or sprouts.

Step 2

Choose your container.

Any shallow container will do. Try foil pie plates, take out containers, margarine containers, ice cream containers, or cut down milk bottles. Make sure your container is clean. Poke holes in the bottom and place on a watertight tray.

Step 3

Add the soil.

The best option is some seed-starting mix or soil from your gardens at home. Spread a 2 – 3cm layer of your chosen soil in each container. Make sure it's moist!

Step 4

Sow seeds.

Scatter seeds evenly over the soil.

Step 5

Cover seeds.

Spread a thin layer of soil over seeds. Press lightly to make sure there is contact between the soil mix and the seeds. Misting with water will help to settle the soil.

Step 6

Place containers in a warm, bright spot.

A sunny window is good.

Step 7

Keep the planting mix moist.

If your containers have drainage holes, you can add water to the watertight tray underneath your greens and let the soil soak up the water. Drain any excess water from the tray. Or you can use a spray bottle to water from above.

Tip: Take care to moisten the soil without over-saturating—especially if your containers don't have drainage holes.

Step 8

Observe daily.

Check soil moisture and water. Most seeds will germinate in 3 – 5 days. Once the shoots are up, they'll grow quickly. Rotate the containers every day or two so the stems grow straight.

Step 9

Harvest your microgreens.

Harvest when your plants are 5 – 7cm tall, or when they've developed one or two sets of true leaves. Use scissors to cut the stems just above the soil.

Step 10

Eat up!

Enjoy your microgreens in smoothies, salads, sandwiches and even as a pizza toppings.

Task: Grow your own veggies in a hydroponic bottle garden!

Follow the instructions from Epic Gardening to get started.

epicgardening.com/hydroponics-for-kids/

Bottle hydroponics

Set up your own hydroponic system and nurture edible greens from seedling to harvest!

You'll use some of the things you've learnt in your microgreen trials as well as exploring even more ways of growing. This time, why not try some different veggies, such as lettuce or spinach.

Home grown bounty

Put some summer sunshine on your plate with these easy to grow veggies and flowers.



Radishes

Easy and quick to grow. You'll see the first sprouts in a few days, and they will be ready to harvest in 30 days or less. They'll grow right through spring, summer and autumn.

Use your freshly grown radishes in a colourful summer salad.



Zucchini.

Zucchinis take about 35 – 55 days to grow and one plant produces heaps of veges! You can use zucchini lots of ways. Try this delicious zucchini bread:

picklebums.com/zucchini-bread/



Edible flowers.

Yes! Some flowers are edible! As well as looking and tasting super cool in your salad, they can also help bring beneficial insects (like bees and butterflies) into the garden. Check out the guide to growing edible flowers here:

kingsseeds.co.nz/Kings+Seeds+Blog/x-post/Edible-flowers-00282.html



Alfalfa and other sprouts

Grow them in a jar on your kitchen bench so you can see the seeds sprouting. Find step by step instructions for growing sprouts here:

picklebums.com/how-to-grow-alfalfa-sprouts/



Carrots

Carrots grow well in a deep pot or in sandy soil. Grow them in spring or autumn and you'll be pulling up baby carrots within a few weeks.

To serve you can cut them into sticks and roast in the oven, grill them on the BBQ, boil and blend into a soup, or keep them fresh and grate into a salad.