Facebook Live Lesson: Seeds & Microgreens

Thurs, 4/23 at 1:00pm CT Facebook.com/FoodRightInc @FoodRightInc

Preparation Instructions

You will need:

- **4-5 large lima beans*** soaked in water in the fridge for 8 -12+ hours; we will dissect the beans during the lesson
- **Potting soil*** enough to fill your container 1/2 - 1 inch deep
- **Black Oil Sunflower seeds*-** enough to spread an even layer in your container
- **2 recylced containers -** Any containers will work! Salad clamshells, a foil baking dish, milk jugs, yogurt containers, old tupperware, etc.
  - 1 container for growing greens;
    - poke holes in the bottom to drain water
    - If is a deep container like a milk jug, cut off the top so it is about 3" deep.
  - A tray or larger recycled container to place under your growing container
- Something for watering the microgreens- spray bottle like an old Windex bottle works well
- A few samples of **seeds** to examine during the lesson--popcorn, dried bean, seed taken from inside an apple, a pepper. Seeds are all over your kitchen when you start to look!

The day before the lesson:

1. Soak the **sunflower seeds** and **lima beans** for 8-10 hours
2. Make a microgreen growing tray from a recycled container--3 inches deep with holes in the bottom
3. Go to FoodRight.org/Resources to print worksheets for the lesson

*We are giving out lima beans, soil, and sunflower seeds at 4 MPS schools! Message us on Facebook (@FoodRightInc) to find out where you can pick these up!

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