












Plant Growth Journal

Type of Seeds Planted:

Date Seeds Planted:

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| Day: What does it look like today?  Height: | Day: What does it look like today?  Height: | Day: What does it look like today?  Height: |
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How to Start

Plant your seed paper shapes!
We have provided you with a packet of vegetable seed paper.

The seeds are embedded with carrot, lettuce, tomato and pepper seeds.



Simply soak in water overnight, plant under a thin layer of soil and keep moist until seedlings are well established. Germination time is approximately 1-3 weeks.



How to Care

Choose potting soil that is made for growing seedlings. Do not re-use potting soil from other houseplants.

Many small containers make good seed pots. Old play dough tubs, coffee cups or small jars. You can also pick up small biodegradable pots at any local hardware or dollar store.

When your seedling has three or four true leaves, it's large enough to plant outside in the garden or move to a large pot

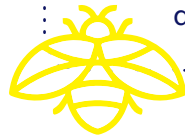


Food Facts

Ever wondered why apples float? Up to 25% of an apple's density is made of air, which makes it less dense than water. You can try other produce and make predictions on whether it will sink or float!



Dandelions are oftentimes the first food our bees have access to in the year and pollination is important for food growth. Go on a bee walk and look specifically for early blooms like dandelions and purple thistle



Broccoli contains twice the vitamin C of an orange and Lemons contain more natural sugar than strawberries. Nutrients and vitamins can be found in all fruits and vegetables and are a lot tastier than supplements

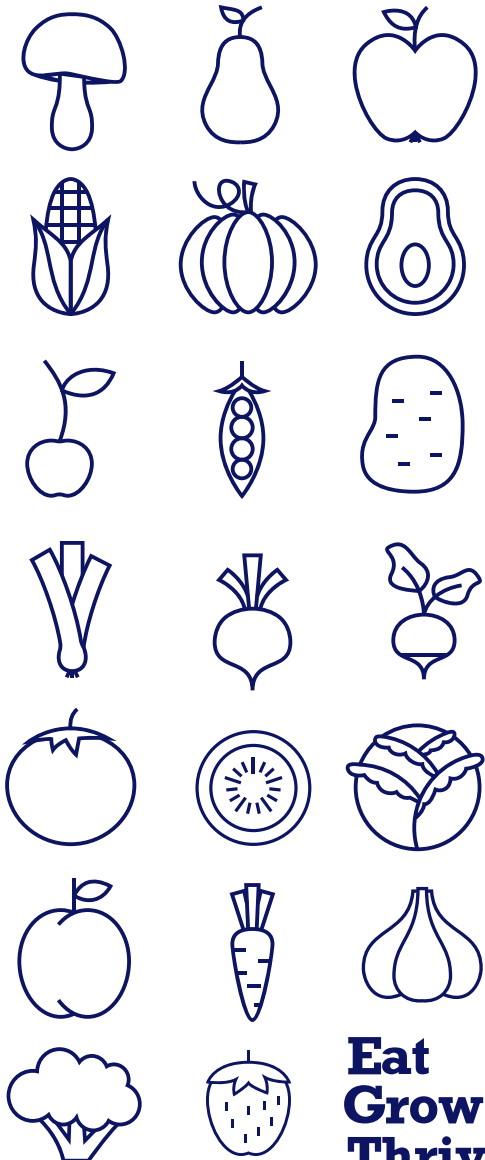


Ontario is the largest corn (for grain) producing province in Canada. Corn was grown for over 9,000 years. In 2012, an archaeologist found the evidence that popcorn was eaten in Peru more than 5,000 years ago.



Local Food

Did you know Ontario produces many delicious and nutritious foods? This month look out for locally grown lettuce, asparagus and strawberries to name a few! Colour in all the Ontario vegetables and fruit below!



**Eat
Grow
Thrive**