



MINNESOTA

Farm to Early Care

Get started with growing!

Seed starting or growing herbs indoors can be an affordable way to start growing with kids! Try these easy ideas:

Seed Babies



Gather your supplies:

- Cotton balls
- Seeds (non-treated dried beans from the bulk section should work, or from a seed pack)
- Jewelry bags (small, clear plastic bags)
- Hole punch
- Yarn or string

Wet the cotton ball, and add damp cotton ball and bean seed to plastic bag. Seal the bag, punch a hole and string yarn through. Kids can wear their seed baby, and their bodies even help provide heat to sprout the seeds!



Growing Roots – Sage

Gather your supplies:

- Sage sprigs (from a clamshell at the grocery store)
- Water and clear cup
- Potting soil and planter (large yogurt container or similar with small holes cut in bottom will also work)

Place your sage sprig in a clear cup with water in a window. Change out the water every few days, and keep an eye on it until it sprouts roots. Once roots are a few inches long, transplant to soil and keep in a sunny spot!

