

Celebrate **Earth Day** with FoodRight!

Join us for a Live Garden Lesson: Seeds & Microgreens

Thurs, 4/22 at 11:30am

To view the lesson:

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Preparation Instructions

Bring to the lesson:

- Giant Lima beans (optional; we will be dissecting these as we learn about seeds) (soaked for 8-12+ hours)
 - Sunflower seeds (soaked for 8 - 12+ hours)
 - Potting soil
 - 3 old containers repurposed for growing microgreens
 - 1 container to grow the greens - you will need to be able to poke holes in the bottom and if necessary, cut it down so it is about 3 inches high
 - Another, larger container to put under the first container to collect water
 - The 3rd container can be used to cover the microgreens for the black-out period
- Any containers will work! Old salad greens containers, a foil baking dish, fruit containers, milk jugs, yogurt containers, old tupperware. etc.
- A spray bottle (optional) or something for watering the microgreens

Prior to the lesson:

- Soak the lima beans and sunflower seeds for 8-12+ hours
- Find and prepare your microgreen growing tray
- Go to FoodRight.org to print worksheets for the lesson (optional)



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