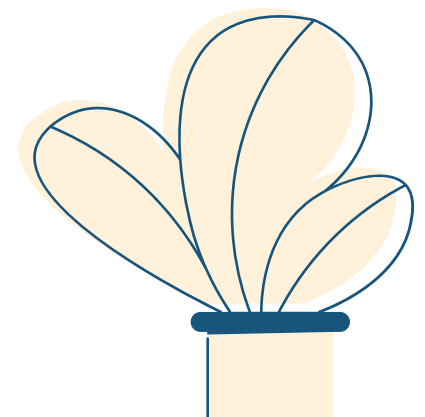


Growing Together



**A Family-Friendly Guide to
Easy Planting and Growing**



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Virtual Planting

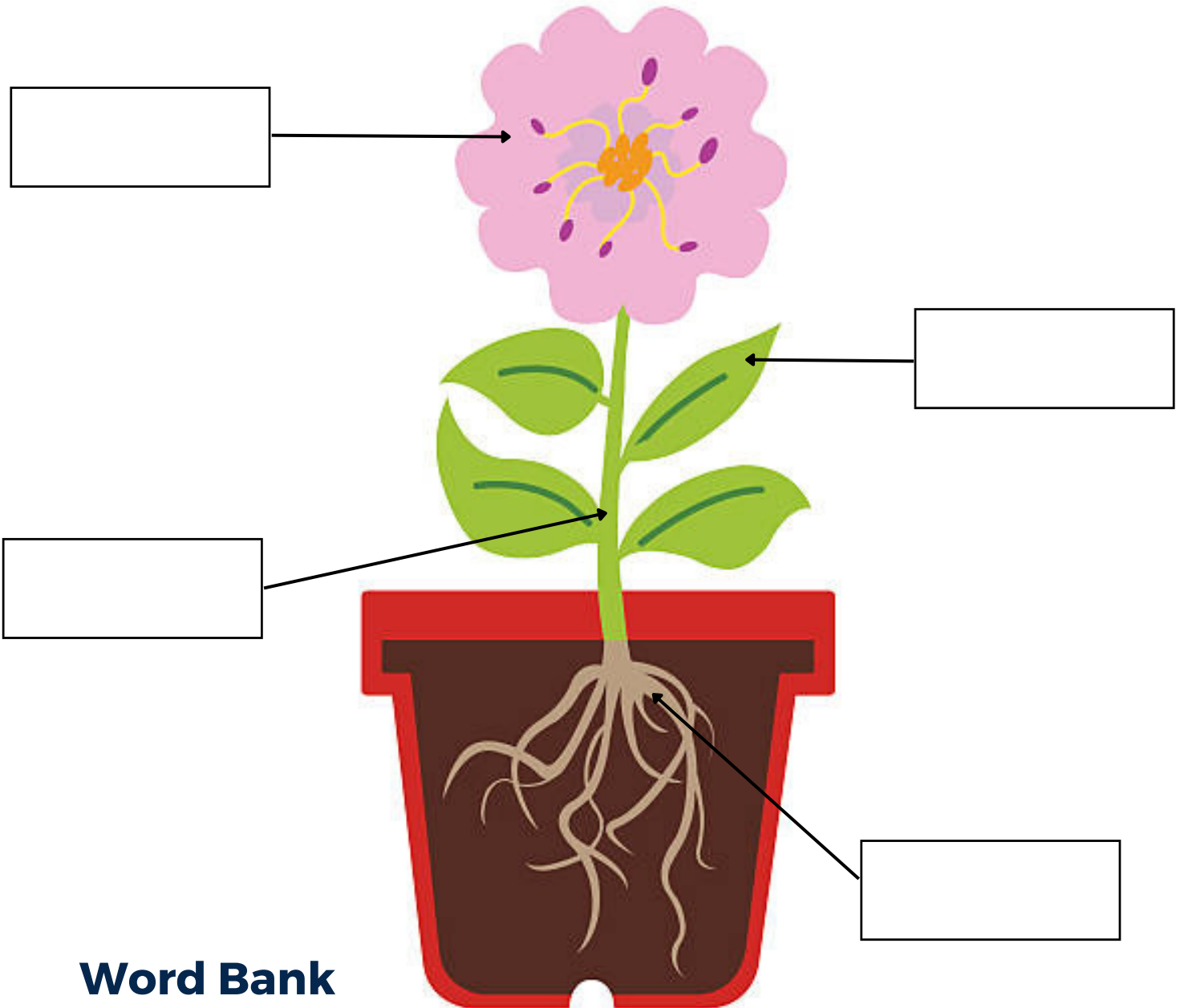
If you can't dig in the dirt or you simply want to grow your planting skills, hop on over to this super cool online planting game and let your virtual garden bloom with fun! This activity will teach you the importance of providing your plants with the correct amounts of water and heat.



Link: <https://www.sciencekids.co.nz/gamesactivities/plantsgrow.html>

Parts of a Plant

Fill in the blanks! If you're stuck ask a parent/guardian for help.



Word Bank

Flower

Stem

Root

Leaf

Easy-to-Re-Grow(cery) Items

Guess what? Those yummy veggies you find at the grocery store can sprout into more food right in your own kitchen or backyard!

Green Onions

Place the white bulb (with a little bit of the green part) in a glass of water, change the water every couple of days, and they'll regrow. They can also be planted in soil for a better yield.



Lettuce, Bok Choy, and Cabbage:

Place the root end in a shallow dish of water to let it sprout, then transfer it into soil.

Basil, Mint, Cilantro

Place the root end in a shallow dish of water to let it sprout, then transfer it into soil.

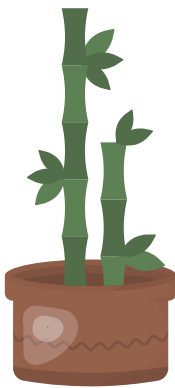


EASY TO CARE FOR PLANTS

Here are plants you can buy that are easy to keep growing & why!

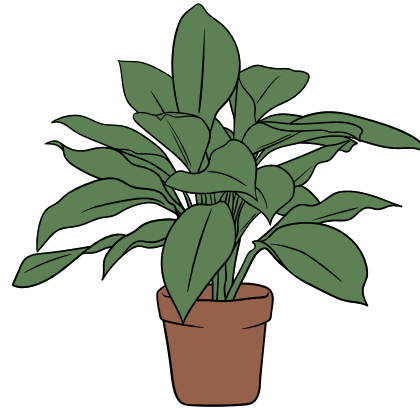


Lucky Bamboo



Need low light and to be watered once a week.

Chinese Evergreen



Need low light and to be watered every other week.

Moth Orchid



Need bright light and to be watered once a week.

Bromeliad



Need low light and to be watered once a week.

Sunflowers from Seed



MATERIALS NEEDED:

- Sunflower seeds
- Small pots or containers
- Potting soil
- Sunny spot or a windowsill
- Water and watering container

Instructions:

1. **Choose a sunny spot or a windowsill:** Sunflowers need a lot of sunlight to grow, so find a place where they will get at least 6-8 hours of direct sunlight each day.
2. **Prepare the pots or containers:** Fill the pots or containers with potting soil, leaving about an inch of space from the top. Pat the soil gently to make it even.
3. **Plant the seeds:** Make a small hole in the soil with your finger, about 1 inch deep. Drop one sunflower seed into each hole and cover it with soil. Repeat this for each pot or container.
4. **Water the soil:** Using a watering can or spray bottle, water the soil gently until it's moist but not soggy. Make sure the water reaches the seeds.
5. **Find a warm spot:** Place the pots or containers in a warm location, like a windowsill or a sunny spot in your garden. Sunflowers prefer temperatures between 65°F and 80°F (18°C - 27°C).
6. **Keep the soil moist:** Check the soil every day and water it when it feels dry to the touch.
7. **Be patient and watch them grow:** Within a week or two, you should see sprouts popping out of the soil. As they grow, they will develop leaves and stems. Keep watering them regularly and make sure they get enough sunlight.
8. **Transplanting (optional):** If the seedlings outgrow their pots or containers and the weather is warm enough (after the last frost date), you can transplant them into a larger garden bed or a bigger pot. Make sure to space them out, leaving about 1-2 feet between each sunflower.
9. **Support the stems (optional):** As the sunflowers grow taller, you might need to provide support. You can use a bamboo stake or a sturdy stick to gently tie the stem to prevent it from bending or breaking.
10. **Enjoy the flowers:** In a few months, your sunflowers will start blooming. They will attract bees and other pollinators to your garden and bring a bright, cheerful touch to your surroundings.
11. **Harvesting seeds:** Sunflower seeds are ready to harvest when the flower heads turn brown and the back of the head is dry. Cut the flower head from the stem, leaving a few inches attached. Hang the flower head upside down in a dry, well-ventilated area. After a few weeks, the seeds will become dry and crunchy.
12. **Enjoy the seeds:** Once the seeds are fully dried, you can crack the shells and enjoy the edible seeds inside. They can be eaten raw or roasted for a delicious snack!

Helpful Tips:

1. Water the soil regularly, but avoid overwatering, as sunflowers can be sensitive to soggy soil.
2. If you're growing sunflowers indoors, make sure they have access to a sunny window.
3. Sunflowers tend to grow towards the sun. Turn the pots every few days to encourage even growth.
4. If you're planting multiple sunflowers, leave enough space between them so they have room to grow and receive adequate sunlight.
5. Remember, growing plants requires patience and care. Enjoy the process and have fun watching your sunflowers grow!