

Let It Grow!



Kruckeberg
Botanic Garden

Newspaper planters

Have you ever thought about the incredible journey of a plant? From tiny seed to mighty tree, plants go through a lot of changes in their lifetime, just like us humans. In this activity we will grow edible plants from seeds, using recycled materials to make a compostable planter pot. As you care for your young plant, track the changes you see from day to day. The results may surprise you!

Instructions

Making your pot

1. Take a half sheet of newspaper and fold lengthwise
2. Lay flat on table and position jar/can at one end, leaving 2 inches of the paper's edge overhanging the open end of the jar
3. Roll the newspaper tightly around the jar until you reach the end (you may use tape to hold together)
4. Fold and stuff the 2" side into the jar's open mouth
5. Slide jar out and use hand to flatten inside

Planting your seed

6. Fill planter with soil $\frac{3}{4}$ full
7. Use your finger to make a shallow hole
8. Place seed in hole and gently cover with soil
9. Water lightly

Caring for your plant

10. Place pot in a sunny spot, with a plate or tray underneath
11. Water lightly every few days
12. Sprout should appear in 7-10 days
13. After 3 weeks you can plant (pot and all) outdoors

Notes:

- Newspaper ink is soy-based and **non-toxic**, making these planters safe for edible plants.
- Your pot may begin to grow mold. This could be a sign of overwatering

Materials

- Old newspapers
- Round cylinder (like a glass jar or can)
- Potting soil
- Seeds (like nasturtium)

Making observations

Take daily notes about what you can see. These observations will help you track changes in your plant from day to day. Your observations can include notes, drawings, and measurements.

Not sure what to write? Consider starting your observations with one of the following phrases:

I notice...

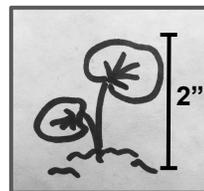
I wonder...

It reminds me of...

Example:

Date: 3/29/20 (16 days after planting)

Weather: Sunny but chilly



Today, I noticed the second leaf opened up, it reminds me of origami.

I wonder how the plant decides when it's time to open its leaves.

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For this activity we recommend using an edible plant, that way you can eat the fruits (or veggies) of your labor. Nasturtiums are a great choices as they are easy to care for, grow quickly, and are a colorful addition to any meal.

what is a nasturtium?

- Nasturtiums are native to South and Central America but can be found in gardens worldwide.
- Nasturtiums are distantly related to familiar vegetables such as cabbage, broccoli, kale, brussel sprouts, bok choy, and cauliflower.
- Used as “companion” plants in the garden, nasturtiums protect other plants from pests. They repel some insects while attracting and “trapping” others, preventing them from eating other plants in your garden.
- Nasturtiums have edible leaves and flowers! Also called “nose-tweakers” because of their peppery taste and smell. Try adding the flowers and leaves to a garden salad.
- Nasturtiums are high in Vitamins A, C, and D and many other nutrients. Nasturtiums are used in many traditional medicines around the world.

other edible and easy plants:

- Peas- Start inside, transfer outdoors for best results.
- Microgreens- fast and easy to grow indoors
- Calendula- inside or out, they prefer plenty of sun
- Chives- easy to grow indoors, edible stems *and* flowers

what else grows here?

Here in western Washington we live in an **8b Grow Zone**. That means we have warm, dry summers and wet winters, which allows us to grow a lot of different things.

What types of fruits and vegetables grow in Washington?

While Washington might be famous for its apples, the Puget Sound is best known for its berries- both wild and farmed.

In fact, strawberries from this area were known worldwide for their sweet flavor. When King George VI and Queen Elizabeth visited Vancouver B.C. in 1939 they were served strawberries from Bainbridge Island!

What native plants grow here?

A native plant is any type of plant that was not introduced into an area by humans. Washington’s native plants are well suited to the weather here and often have *adaptations* (special abilities or features) that help them succeed.

Many native trees and plants have waxy leaves or needles. This is an adaptation that helps them hold water during our dry summers and repel rain during heavy winter storms (like a rain coat).