

# FSNE Farm to School

## Salad Cup Terrarium

Introduce students to gardening with their own personal salad terrarium garden\*. With this activity, students will learn first-hand about the water cycle, seed germination, and plant needs.

### Materials:

- Cup with a clear, removable lid\*
- Soil-less potting mix
- Lettuce seeds (Spinach or other leafy greens seeds can be used as well)
- Empty salt shaker (optional)
- Spray bottle filled with water
- Clean scissors

### Prepare:

1. Pre-moisten potting mix with water and mix up
2. Add seeds to the salt shaker and secure the top

### Instructions:

1. Add potting to the cup, about 3/4 full.
2. Sprinkle seeds evenly over the potting mix.
3. Gently cover the seeds with potting mix.
4. Lightly mist with the spray bottle.
5. Put the cap on the cup and place in a window that receives at least 6 hours of sunlight.
6. Do not water the seedlings until the plants reach the top of the lid.
7. Once seedlings reach the top of the lid, remove the lid.
8. Water or mist the soil regularly to keep the soil from drying out.

### Harvest:

1. Baby greens can be harvested when they are 4-6 inches in height, within 25-40 days from planting.
2. Using clean scissors, cut to about 1 inch above the soil. (The plants will produce new leaves and can be harvested a second time in 3-4 weeks.)

\* The cups used in this activity are yogurt or ice cream cups and can be purchased in bulk on-line or from a restaurant supply store.

\*This idea has been adapted from the UME Prince George's County Master Gardener program.

