

FSNE Farm to School

Salad Necklace

Plant a salad necklace for a hands-on learning experience to grow and harvest microgreens. Students will plant, water, and nurture their very own baby plants from seed to harvest in less than a week.

Materials:

- Small condiment cups with lids
- Soil-less potting mix
- Mustard seeds (other leafy green seeds can work, as well)
- Empty salt shaker
- Spray bottle filled with water
- Yarn or string, cut in lengths for necklaces
- Small hole punch or tool to make holes in the cups
- Clean scissors for harvesting
- Small blank labels and marker for labeling each cups

Prepare:

1. Prepare the cups by making 2 small holes near the top of the condiment cup on opposite sides.
2. Run yarn through each hole and tie a knot in the yarn on the inside of the cup on each side, in order to hold the yarn in place. (See pictures.)
3. Pour seeds into the salt shaker and secure the lid.
4. Pre-moisten the potting mix with water.

Plant:

1. Fill each cup approximately three-quarters full with potting mix.
2. Sprinkle seeds evenly across the top of the potting mix.
3. Gently, cover the seeds with a thin layer of potting mix.
4. Mist with water.
5. Place the lid on top of the container.
6. Wear the salad necklace around your neck and observe the garden, as it grows.

Harvest:

1. When the baby plants grow tall enough touch the lid, remove the lid to harvest.
2. Using scissors, cut the microgreens just above the soil.
3. Rinse and eat the microgreens on their own or in a salad.

