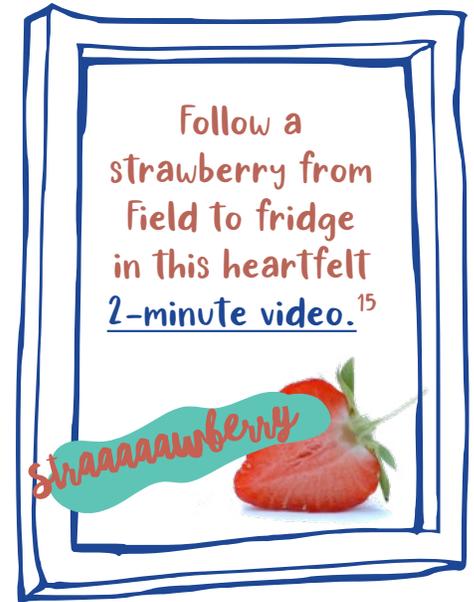


## Kid's Activity #1

# From Seed to Table



Do you know where your food comes from before it gets to the supermarket?

Food grows in gardens and forests. It is fished from oceans and rivers. It is hunted or gathered from the land. But most of our food comes from farms. Sometimes it's a family-run farm or a community garden, and sometimes it's a big commercial farm that stretches farther than the eye can see.

It takes land, proper soil and weather conditions, skills, labor, money and resources to produce the food we eat. It is a huge investment, and like any business, there is also risk involved—extreme weather events or pests can destroy an entire harvest. To help understand how much effort it takes to produce the food we eat, let's try to grow our own.

## Let's Grow Food!

Time: 30 minutes

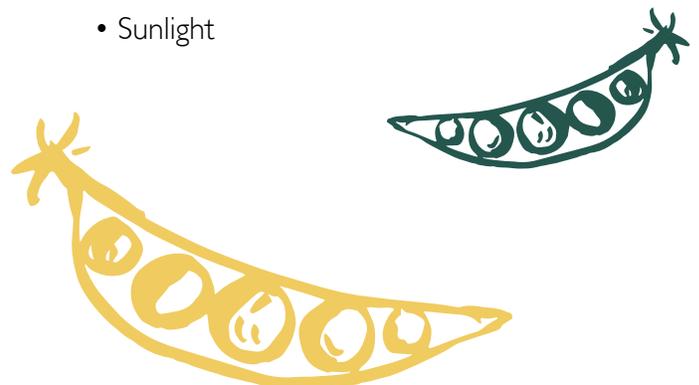
Nurturing: 12-16 weeks

CLAIM

5 Grower-Chef points for sprouting your seeds

## You'll Need:

- Seeds (bean, tomato, cucumber, herbs or other edible plants)
- Soil
- Small cups or newspaper to fold into pots<sup>16</sup>
- Sunlight



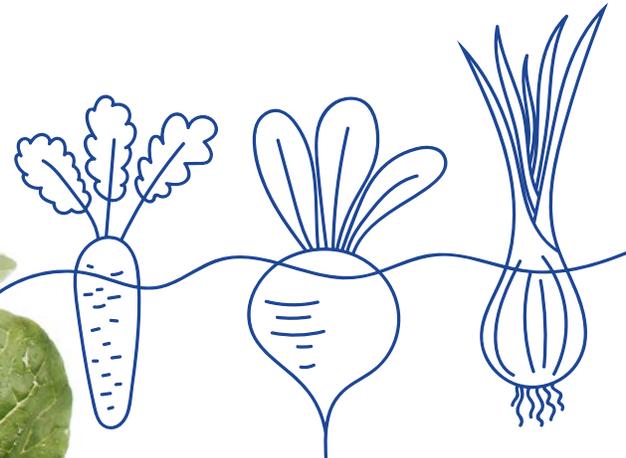
## Making it Happen:

1. Fill pots/cups with soil.
2. Examine your seed. What shape is it? What color is it?
3. Imagine or draw what this little seed will look like as a plant.
4. Poke a tiny two-seed-deep hole in the soil and place your seed in it and gently top with soil.
5. Label the pot with the name of the seed and the date you planted it.
6. Set the pot on a tray and place in a sunny window.
7. Water the soil gently, so you don't wash away the seed.
8. Check daily, keeping soil moist but not soggy.
9. It can take anywhere from 2 to 12 days for different seeds to germinate. When your seedling has three or four sets of leaves and there is no chance of frost, you can transplant it to a sunny location outside.
10. Add compost for extra nutrients. Learn to make your own in Activities #8 and #18.
11. Did you manage to grow something to eat?



WOOHOO

SUCCESS!





## Did you know?

Everything that grows out of the earth can be turned into earth again. Make sure that any trimmings, food scraps or dead plants get composted and never end up in a landfill. Learn to build a garden-scale composter in Activity 18.



## What did you Learn?

- How long did the seed take to sprout?
- Did some grow better than others? Why do you think that was?
- How has this activity changed the way you think about your food and where it comes from?



## Want to do More?

- Visit a farm to learn more about where food comes from.
- Volunteer at a community garden to practice growing all kinds of food.
- Start a garden at home, at school or in your neighborhood. Get permission to use a sunny unused piece of land. Start small and check out online resources like the [Food is Free project](http://foodisfreeproject.org) for tips<sup>17</sup>

**CLAIM**

10 Grower-Chef points each

**CLAIM**

20 Grower-Chef points



<sup>15</sup>Save the Food (2018). The Extraordinary Life and Times of Strawberry. <<https://www.youtube.com/watch?v=WREXBUZBrS8>>

<sup>16</sup>For Greenies (2018). How to make origami newspaper seedling pots. <<http://www.forgreenies.com/origami-newspaper-seedling-pots>>

<sup>17</sup>Food is Free. <<http://foodisfreeproject.org>>