



Recycling in the Garden

Quick and Fun Indoor Gardening Activities for Families

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Gardening indoors can be a lot of fun and easy for family members of all ages.

Using recycled items from around your home, you can create a garden for any size home.

Grab some seeds and let the creativity begin !



GROW WITH THE GREEN



Create A Seed Tape

Supplies:

- * Paper Towels
- * Glue (Elmer or Flour / Water Mix)
- * Paint Brush
- * Scissors
- * Marker
- * Seeds
- * Drying Mat or Tray

Steps:

1. Cut paper towels into 1 inch strips
2. Read seed label and identify seed spacing recommendation after thinning. Place dots with marker on paper towel according to spacing.
3. Using plastic end of paint brush, place dots of glue on marker spots. Use glue end of paint brush to pick up seeds and place on glue.
4. Label towel strips with the name of the plant and time of year to plant.
5. Let dry and store in a dry location until planting.
6. To plant, place in soil and cover with soil recommendation on seed pack.





Egg-cellent Seed Starter

Supplies:

- * Paper Egg Carton
- * Seeds
- * Pencil
- * Seed Starting / Soil Mix
- * Permanent Marker

Steps:

1. Label the egg carton with the name of the plant, spacing for transplanting, and time of year to transplant outside.
2. Fill the bottom of the egg carton with the soil mixture
3. Read the label to determine planting depth of the seeds
4. Use a pencil to place a small hole in the soil for the seed,.
5. Plant the seed and gently cover with soil.
6. Moisten the soil.
7. Place in a sunny area.
8. To transplant seedlings, gently separate the sections of the egg carton and plant in your growing area.





Garden In A Bottle

Supplies:

- * Plastic Drink Bottle
- * Seeds
- * Pencil
- * Seed Starting / Soil Mix
- * Scissors
- * Nail & Hammer

Steps:

1. Cut the top 1/2 off the plastic drink container.
2. Use a nail and hammer to place a small hole in the lid of the bottle
3. Place the top 1/2 upside down in the bottom 1/2 of the plastic bottle.
4. Fill the top of the bottle with soil mix
5. Read the seed label and determine the depth to plant the seeds. Use a pencil to make the holes.
6. Plant the seed and gently cover with soil.
7. Moisten the soil.
8. Place in a sunny area, once plant is larger you may transplant to another container or in the garden.





Grow It Cards



Supplies:

- * Paper Scraps
- * Seeds
- * Water
- * Screen or Colander
- * Bowl or Blender
- * Cloth Towel

Steps:

1. Tear old paper scraps into 1 inch pieces. Newsprint and tissue paper works well for younger hands.
2. Place paper scraps in warm water and soak for 20 minutes, or use a blender to shred.
3. Pour paper pulp onto a screen or through a colander to allow excess water to drain. Gently press excess water through with fingers.
4. Mold paper pulp into desired shape. For best drying keep shape less than 1/4 inch thickness.
5. Sprinkle vegetable or flower seeds on shape.
6. Place shape with seeds on dish towel and allow to air dry
7. Write a message on your grow it card , including planting instructions
8. Send to a friend



Portable Planters

Supplies:

- * Toilet Paper or Paper Towel Rolls
- * Seed Starter / Soil Mix
- * Pencil
- * Seeds
- * Marker

Steps:

1. Write name of plant, and when to transplant outside on toilet paper roll.
2. Fill the inside of the roll with moist soil mixture.
3. Read the seed label and determine the depth to plant the seeds.
4. Use a pencil to make the holes.
5. Plant the seed and gently cover with soil.
6. Moisten the soil.
7. Place in a sunny area.
8. Share with a friend or transplant outside.





Sproutastic Growth

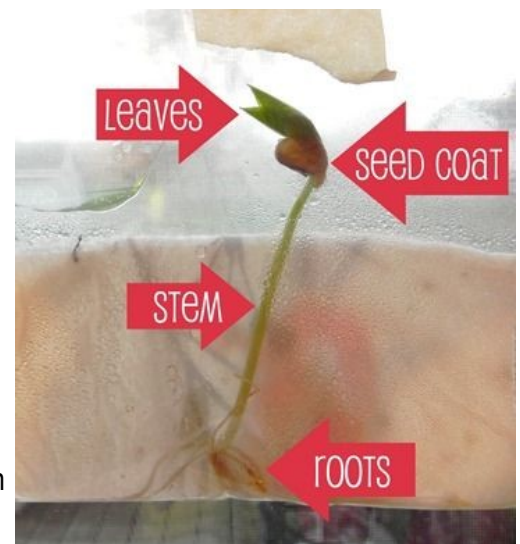
Supplies:

- * Paper Towel
- * Water
- * Plastic Sandwich Bag
- * Bean Seeds
- * Marker



Steps:

1. Place 3 - 4 bean seeds on the inside of a folded damp paper towel..
2. Place the paper towel inside a plastic sandwich bag
3. Tape the bag to a sunny window.
4. Watch the seeds sprout and find the parts of the seed.





Garden Faces

Supplies:

- * Cleaned Egg Shells
- * Seed Starter / Soil Mix
- * Pencil
- * Seeds
- * Marker

Steps:

1. Clean and decorate your egg shells with designs or faces. Write the names of the plant on the reverse side of the egg shell.
2. Fill the inside of the shell with moist soil mixture.
3. Read the seed label and determine the depth to plant the seeds.
4. Use a pencil to make the holes.
5. Plant the seed and gently cover with soil.
6. Moisten the soil.
7. Place in a sunny area.
8. Share with a friend or transplant outside. Crack the bottom of the egg shell when planting outside.





Stalks Galore

Supplies:

- * Celery Stalk
- * Knife
- * Water
- * Cutting Board
- * Bowl or Cup

Steps:

1. Cut celery from base leaving 3 - 4 inches of base.
2. Fill the Bowl or Cup with 2 inches of water
3. Place the bottom side of the celery base in a bowl / cup of water.
4. Change the water in the cup daily.
5. After a few days you will see regrowth from the center the celery base.
6. Plant the celery base with new growth in your garden, raised bed or a container garden.





Sweet Additions

Supplies:

- * Sweet Potato
- * Cup or Jar
- * Tooth Picks
- * Water

Steps:

1. Fill cup 1/2 way with warm water
2. Place 3 - 4 tooth picks in the long sides of the sweet potato approx. 1 – 2 inches apart. The tooth picks will allow the bottom 1/2 of the sweet potato to be submerged in the water, while the top 1/2 is dry.
3. Place the sweet potato in the jar.
4. After 3 - 4 weeks your potato will have healthy sprouts to be
5. transplanted outside. Sweet Potatoes can take between 140—160 days to grow until ready for harvest.





Dish Garden Delight

Supplies:

- * Recycled Container
- * Seeds or Small Plants
- * Water
- * Seed Starter / Soil Mix
- * Old Toys for Decorations
- * Small Gravel

Steps:

1. Place 1 inch of small gravel in the bottom of your recycled container
2. Place 3 - 4 inches of soil mix onto top of the gravel layer. .
3. Place small plants or add seeds to grow in the dish garden per the seed packet instructions.
4. Add small figurines or toys to decorate your dish garden
5. Water and keep in a sunny area.

Dish Garden Ideas:

- Fairy Garden
- T-Rex World
- Farmstead





Helpful Videos & Links

Seed Tapes: Making a Grow It Card

<http://mgfrederickco.weebly.com/videos.html>

Frederick County Master Gardener Publications:

<https://extension.umd.edu/frederick-county/home-gardening/publications>

Time Lapse Of A Bean Sprout Growing:

<https://www.youtube.com/watch?v=w77zPAtVTul>

4-H Gardening Curriculum:

<https://4-h.org/parents/curriculum/curriculum-gardening-2/>