

## Ann's Creative Corner

(photo by USBorne Books)

### Project # 181: Seed Shapes

- Pile some paper towels onto a tray.
- Pour water on them until they are very wet.
- Lay some clean playdough or cookie cutter shapes onto the wet paper towels.
- Sprinkle some alfalfa seeds into each shape being careful not to get them outside of each shape.
- Spread the seeds to fill each shape.
- You can leave the cutters on the paper towels or carefully lift them off the paper towels.
- Place the tray of seeds in a light area such as near a window.
- Keep the area moist daily by watering the area around the shape and seeds. Do not put water onto the seeds as the water is intended to go under the seeds to form the root and grow.
- When the plants are a few inches long, you may cut them and eat them.

#### Activity: Veggie Sandwich.

Take two slices of bread and add your favourite cheeses, vegetables, and your home alfalfa sprouts. Fold together or have this open-faced sandwich and enjoy your lunch! Try toasting it! Salads may also have the alfalfa sprouts added to it.

