

Ann's Creative Corner

Project #444: Bean Sprouting and Planting!

(Kids Care Preschool)

- Place some pole bean seeds in between some paper towels that have been placed in a flat plastic container.
- Place another paper towel over the beans.
- Please use fairly thick paper towels such as "Bounty"
- With a small container, pour water over the entire project to moisten the paper towels and the bean seeds in between. Do not over water them as they may go mouldy.
- Check these each day to be sure the paper towels stay moist.
- After a few days, lift the towel to see how the beans look. They should be expanding in size.
- Keep moist and check daily to see when the beans start to sprout.
- When sprouted they are ready to plant in small pots with some starter potting soil.
- Place the bean in the soil and cover with a little more soil.
- Water and place in a bright area preferably with some sunlight on a window sill.
- Keep these moist with water each day as needed.
- Watch them grow!
- When larger and with leaves, you may want to transplant them into a larger pot or your garden!
- Children can assist and do most of this with minimal adult guidance.
- Some children do not like to touch the soil but may be assured that this is "Clean" processed soil that we buy in the store.
- If children do not want to touch the soil, that's okay too. Maybe they would like to place the sprouted seed on top of the soil... or maybe they would just like to water the plant.

Activity:

With your children buy some green or yellow beans at the store. Wash them, snip the ends off, cook them or eat them raw. Add them to a salad.....

