

STARTING SEEDS IN A JAR

WHAT YOU WILL NEED:

lima bean, runner bean, sunflower seeds

paper towels

glass jar

This method for starting seeds is easier with large seeds like lima beans, runner beans, and sunflower seeds.



HOW TO: Roll several layers of paper towel into a cylinder and place inside a jar. Wet the towel by pouring water into the jar. Tip and roll the jar around so that the towel sticks to the inside of the jar. Place seeds between the towel and the jar. Add 1/2" of water to the bottom of the jar to keep it wet. Check the jar every day. If the towel starts to dry out add a little more water to the bottom of the jar. You don't want the seeds sitting in water. As always, too much water is worse than too little. You don't want the seeds to rot.

