



Kids Planting Guide

How to plant seeds at home using simple containers

Welcome! You can grow food just like a farmer. This guide shows you what to use, what to plant, and how to take care of your seeds.

Grown-up helper note: Younger kids may need help poking drainage holes and watering gently.



1) What You Need

Containers (choose one):

- Empty yogurt cup or plastic cup
- Egg carton
- Small flower pot
- Clean tin can (adult help)

Supplies:

- Soil (potting soil is best)
- Seeds (vegetable or fruit seeds)
- Water
- A sunny window or outdoor sunny spot
- Spoon or your finger for making a hole

Important: Ask an adult to poke **1–3 small holes** in the bottom of your container so extra water can drain out.



2) Easy Seeds to Start With

Vegetables (great for beginners):

- Beans (fast and easy!)
- Lettuce
- Tomato
- Peppers
- Pumpkin

Fruits you can try:

- Watermelon
- Strawberry
- Papaya (warm climates)

Tip: Bigger seeds (like beans and pumpkin) are easier for small hands to plant.



3) How to Plant Your Seeds (Step by Step)

- **Fill** your container with soil (almost to the top).
- Use your finger to make a small hole about **one fingertip deep**.
- Put **1–2 seeds** in the hole.
- **Cover** the seeds gently with soil.
- **Water** lightly. The soil should be damp, not muddy.
- Put your container in a **sunny spot**.
- Write a label: **what you planted + today's date**.

Helpful tip: If you can, place your container on a tray or plate to catch extra water.



4) Take Care of Your Plant

Every day:

- Check the soil with your finger.
- If the soil feels dry, add a little water.
- Make sure your plant gets sunlight.

Remember:

- Do not pull the plant out to check it.
- Be patient—some seeds grow fast, some take longer.
- Too much water can hurt seeds. Small sips are best!

■ Mini Plant Check (ask yourself):

- Do you see a green sprout today?
- How many leaves do you see?
- Is your plant taller than yesterday?

Mama Anita's Farm Tip: Organic growing means helping plants grow naturally—with good soil, water, sunshine, and care.