

CAN I GROW A GARDEN INDOORS?

YES! BUT SET REALISTIC EXPECTATIONS

Indoor growing is a great way to give children experience observing how seeds grow and where food comes from. Best results will come from big seeds that germinate quickly and/or seeds that grow quickly into recognizable plant parts that we eat. Try these ideas!

LETTUCE OR SPINACH



Quick growing, use scissors to harvest a taste.

BEANS

Big seeds, quick to germinate and great observation of plant parts.



PEAS



Fast growing, observe how they stretch for light. Snack on the pea shoots!

SUNFLOWERS

Plant in a cup and let the kids take home to transplant into their yard.



EASY PEASY...SEED GERMINATION



Fold seeds on a wet paper towel in a plastic bag. Place in a warm spot. Watch the magic!

Plant a seed in a cup and put in a sunny window.

TIPS FOR SUCCESS:

- Poke holes for drainage
- Use "potting mix"



NOT SO HARD...GROW A POT OF HERBS



You'll need a sunny window (ideally 6 hours of sunlight). Herbs grow quickly (try basil or cilantro) and don't need huge pots. Use "potting mix" soil for planting.

Spoiler Alert: Indoor growing activities will likely not result in full fruit/vegetable harvest! Consider them "tastes" of what their potential will be when grown outdoors in the best conditions!

WATCH ME GROW...GROW LIGHTS TO PRODUCE TRANSPLANTS FOR YOUR OUTDOOR GARDEN



When starting seeds you need adequate light, space and heat to grow healthy plants that you can then move outside to your garden. Indoors plants quickly become "leggy" as they stretch for the light or become crowded from little hands that plant too many seeds! Remember, each seed becomes a plant and so you only need a few to transplant out to the garden. Let the children experiment with germination (see above), but then use grow light set up to give one or two of each kind the space and light they need to thrive so they are ready to transplant to the garden. Click the link on the left for full instructions for setting up an indoor growing station.

LEARN MORE!

KGD Garden Guide
click here: [Starting Seeds Indoors](#)



Keep Growing Detroit provides support to early childhood educators and caregivers to engage young children in garden based learning and inspire healthy habits that will last a lifetime! www.keepingrowingdetroit.org Follow us on Instagram and Facebook or [YouTube](#)