



Therapeutic Horticulture Activity Sprouts in a Jar

Source: multiple sources

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Overview: Creating a vessel suitable for growing sprouts on countertop.

Sprouting is the process of germinating seeds, beans, or legumes into their initial growth stage to eat them.

Seed sprouts are also known as microgreens. You generally sprout seeds for consumption using plants you can eat the stems and leaves of, like alfalfa sprouts, mung bean

sprouts, broccoli, chickpeas, lentils, peas, and radishes.

Precautions:

1. Use of scissors
2. Fine motor dexterity needed

Completion Time: 15-30 minutes

Materials: (10 participants)

1. Wide mouth mason jars (10)
2. Rim of wide mouth mason jar (10)
3. Dehydrator screens, or another food safe screen, enough for 4.5"

- diameter circle (10)
- 4. Inside plate of wide mouth mason jar to use as template (10)
- 5. Permanent marker (10)
- 6. Scissors (10)
- 7. Sprout seeds, 1-2 tablespoons per jar (10-20 Tbs)
- 8. Masking tape (1 roll)
- 9. Tablespoon (1-10)
- 10. Instructions on home care of sprout jar, attached (10)

Pre-Session Prep:

- 1. Collect supplies
- 2. Create example of mesh cut out
- 3. If time allows, create an example; sprouts will need to be started 3-5 days prior to group.
- 4. Print out copies of instructions.

Step-By-Step Process/Instructions:

- 1. Show finished jar, with sprouts if started soon enough.
- 2. Pass out mesh, pens, scissors, flat interior part of lids, and ring of lids.
- 3. Show an example of marked and/or cut out mesh.
- 4. Have participants create a mesh insert by tracing the interior part of the lid onto the mesh, cut it out and place it inside the ring, trim as needed.
- 5. Collect scissors and mesh scraps (leave markers and both lid parts).
- 6. Pass out jars.
- 7. Have participants choose sprouts if there are multiple choices.
- 8. Pass out pieces of masking tape to allow participants to place on the jar and write the type of seeds.
- 9. Pass around the seeds and tablespoon and have each person put 1-2 tablespoons into their jar.
- 10. Have participants place the flat interior part of the lid over the screen and screw the lid on the jar; the solid lid piece will prevent the seeds from escaping while taking the jar home and will be removed once the germination process is begun.
- 11. Pass out the instruction sheet and review how to care for

sprouts.

Tips:

1. Use cheese cloth and rubber bands if no food safe mesh material is available
2. May need a variety of screen/mesh size to accommodate smaller seeds.

 Growing Sprouts in Jar Info Sheet.Final

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