



Plants can take weeks, months or even YEARS to grow, but you can grow alfalfa sprouts in just a few days!

GROW A JUNGLE

IN A JAR

WARNING: Needs adult help!

YOU NEED:

- ◆ a jam jar with a metal lid
- ◆ a packet of alfalfa seeds
- ◆ a sieve or large tea strainer
- ◆ a small bowl
- ◆ a sharp knife
- ◆ a tablespoon
- ◆ tap water
- ◆ a tiger (optional!)



1

Wash out your jam jar and lid then ask an adult to make some slits in the lid with a sharp knife. Now you have a seed **germinator**.



2

Put a tablespoon of seeds in your sieve or tea strainer and rinse them under the tap using cold water.



3

Tip the wet seeds into the jar and cover them with cold water. Leave them to soak for 4 HOURS.



4

Put the lid back on the jar and shake out the water over a sink. Stand the jar in a bowl upside down and at an angle to drain off any water left.



5

Put the jar in a bright place and water the seeds twice a day – drain off the water as you did in step 4. Give the jar an extra shake every now and then.



6

After two or three days your seeds should have sprouted like this.



7

After six days you should have a fully grown jungle! Pick some of your alfalfa sprouts and add them to a salad or sandwich!

TOP TIP!

Instead of piercing a jam jar lid, you could use a piece of muslin cloth and attach this to the top of your jar with a rubber band. The water will drain out through the cloth.

