

4-H WINDOWSILL GARDEN PROJECT

Just Plant It!



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Horticulture

In this project you will learn to make a plant pot from newspaper, plant seeds, how to grow seeds into plants, and how plant appearance changes with growth.

You will need:

- Newspaper
- Scissors
- Ruler
- Pencil or pen - to write your name on your pot
- Potting soil
- Two seeds - good choices would be seeds that sprout quickly for example basil (herb), bean (vegetable), or marigold (flower).
- Small 10 oz can food item

What to do:

1. Cut newspaper into 3 1/2 X 12" strips.
Use selected small can food item.



2. Put end of can in middle of paper and roll.



3. Fold paper to the middle of can bottom.

4. Use thumbs to press paper down & even edge of can.



5. Remove paper from can and add 1/4 cup of moisten seed starting mix.



CONTINUED ON BACK...



6. Using the tip of your finger, make a small hole 1/2 inch deep into the mix.
7. Put two seeds of the same kind in the hole.
8. Set your pot in a waterproof dish or container and water it. The newspaper will become wet, but will still hold it's shape and the seedling mix.
9. In order to keep in the moisture until your seed sprouts, your container needs to be covered with plastic wrap (not too tight - your seed needs room to sprout) or placed in some type of plastic bag and placed in a window that does not receive direct sunlight.
10. Once your seeds sprout and the plant begins to show, gradually remove the plastic. Once the plastic is removed, you may place your plant in direct sunlight.
11. If both seeds sprout, pinch one out with your fingers so that only one remains.
12. Water the plant when the soil begins to dry out. Fertilize every 2 weeks according to label.
13. Keep the plant on a windowsill so it can get plenty of sunlight. Turn the plant for balanced growth.
14. Once your plant reaches the appropriate height, it may be transplanted outside. No need to remove the newspaper pot as it will break down in the soil!

Adapted from 4-H Windowsill Garden Project by W.M. Fountain, Extension Horticulturist and Dick LeMaster,
 4-H Agent by Stacey Ramming Potts, Daviess County Extension Agent for 4-H Youth Development 2.20.02,
 Annette Heisdorffer, Daviess County Extension Agent for Horticulture and Extension Master Gardener Cathy Schmitt
 Andrea Stith, Barren County Extension Agent for Horticulture 4.6.18

Watch your plants grow and record the progress.

NOTES _____

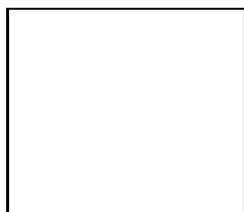
Plant Height & Number of Leaves

PLANTING DATE _____

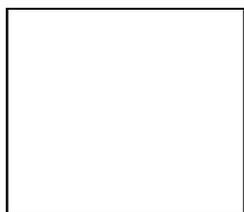
1ST Week	2ND Week	3RD Week	4TH Week	5TH week	Date Transplanted	Where:

TYPE OF SEED PLANTED _____

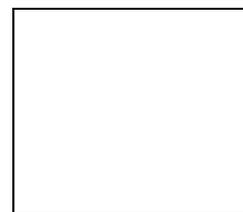
DRAWING OF THE EMERGING PLANTS



WEEK 1



WEEK 2



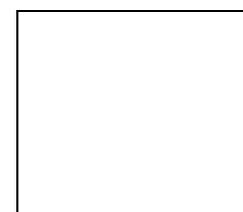
WEEK 3



WEEK 4



WEEK 5



WEEK 6