

# Growing plants on the windowsill

## Information for teachers

### Watch plants germinate and grow!

Not all plants flourish when they are planted directly into a bed. Lettuce, kohlrabi and heat-loving vegetables such as tomatoes and pumpkins are best started indoors.

In this way, schoolchildren can follow the development of plants at first hand.



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### Sowing in seed trays

Aside from widely available seed trays, recycling materials (such as fruit containers with a lid) are perfectly suitable. Make sure there are holes in the bottom.

### Small seeds, e.g. lettuce and kohlrabi

- Fill seed tray three quarters full with peat-free, low-nutrient potting compost.
- Smooth out the soil and press down lightly with the back of your hand.
- Distribute seeds evenly, not too close together!
- Cover the seeds with a thin layer of soil, ideally using a sieve.
- Lightly press down the soil again and water gently.

### Large seeds, e.g. pumpkin and cucumber

- Fill seed tray to the brim with peat-free, low-nutrient potting compost.
- Use a ruler to scrape the soil level.
- Distribute seeds evenly, not too close together!
- Push seeds into the soil using your finger (to the depth recommended for the type of seed).
- Close the holes, lightly press down the soil and water gently.
- Tip: Large seeds can also be planted in a small pot or yoghurt pot to save pricking out.

Keep the soil damp, not wet. Lift the lid occasionally.

When the plants have four leaves, they can be pricked out (i.e. transferred to individual pots).

When they are sturdy enough and the weather is warm, the plants can be transferred outside (lettuce and kohlrabi can go out in April, tomatoes, pumpkins and cucumber in mid-May).

### Further Information:

Download at: [www.naturimgarten.at/unser-angebot/pädagoginnen.html](http://www.naturimgarten.at/unser-angebot/pädagoginnen.html)



# Sowing plants

## Worksheet for students

**Sow a plant and watch it germinate and grow!**



Fill a seed tray with soil and press down lightly.



Spread the seeds evenly, not too close together!



Cover the seeds with a thin layer of soil.



Lightly press down the soil and water gently.

**Name of my plant:** .....

Date	Notes
	Today I sowed my plant.
	Today I noticed the first shoot.
	Today I noticed the first two leaves.
	My plant is growing! Now it has ..... leaves.
	I have now transferred my plant to a bigger pot.