

June 2013 - First Edition
Sponge Lettuce

Gardening
is child's
PLAY!



Life is a
garden

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Step 1

Preparation

**What holds water
but is full of holes?**

A Sponge!

Did you know you can grow lettuce in one too? Get the kids to try this wonderfully simple activity this weekend.

What You Need:

- Sponges
- Lettuce seeds
- Watering can
- Plastic plate



Step 2

"How to"

1. Place your sponge on a plastic plate and wet it thoroughly.
2. Sow your lettuce leaf seeds into the moist sponge by sprinkling them onto the sponge and let them fall into the holes. If your sponge does not have big enough holes for the seeds then use a Stanley knife to make slits that they can slip into.



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Step 3

“How to”

3. Keep the sponge and seeds in a well-lit area.



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Step 4

Ta-Da!

Soon, small lettuce
leaves will emerge
and the kids can
enjoy harvesting
their first crop!

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