Sprout House

This month’s hands-on activity is from BGSU Dining Services

Combining engineering and science into one awesome project is a motivating way to learn about germination. It definitely brings a whole new meaning to the word “greenhouse”!

What You Need:

- 4 plain sponges in various colors
- Ruler
- Permanent marker
- Scissors
- Toothpicks
- Plate
- Spray bottle of water
- seeds (wheatgrass, chia, alfalfa or whatever you can find/want)

What To Do:

1. Make sure the new sponges are clean by rinsing them with plenty of clean water. Wring out, but do not dry fully.
2. Draw shapes to cut on the sponges using the marker.
3. Cut out shapes using the scissors.
4. Build the house using the toothpicks.
5. Once built, give the house a good spray so that it's damp but not soaking
6. Put each of the seeds that are going to be used in a bowl of water. Mix.
7. Spread seeds on the roof and "grass."
8. Add a little extra spray of water to the seeds.
9. Water daily and once your seeds have sprouted, use them however you want. You could use them in a smoothie or in a salad, whatever you come up with will be perfect.