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

GROW AJUNGLE

WARNING: Needs adult help!

YOU NEED:

- a jam jar with a metal lida packet of alfalfa seeds
- a sieve or large tea strainer
- a small bowl



- a tablespoon
- tap water
- a tiger (optional!)



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.



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



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



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.



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.



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



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.





