

Brown Bag Demonstrations

Spring Fever

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Supplies Needed:

- posters
- Styrofoam cup
- Potting Soil
- Seed Packet

What to Do	What to Say
Chart #1	<p>Everyone gets spring fever. For some people, it strikes in January when the seed catalogs come. For others, it comes on the first day they can go outside without a coat. But whenever it strikes, there is one activity that can relieve it. Starting plants from seeds indoors.</p> <p>It takes very little equipment to get an early start on spring.</p>
Hold up cup	<p>First of all we will need a container in which to grow the plants. Many things can be used, milk cartons, commercially available plastic & peat pots, flats, but a simple, cheap, Styrofoam cup works quite well.</p>
Point to holes in cup	<p>The container must have drainage, so poke a couple of holes in the bottom with a pencil.</p>
Hold up package of soil	<p>Then we need something for the plant to grow in. Prepackaged seed starting soil is preferable because it is free from weeds and plant disease.</p>
Hold up seed packet	<p>Lastly and most importantly we need seeds. The seed packet will tell us whether the plant can be started indoors and how early to start them.</p> <p>It is best to plant only one or two seeds to a container so that they have plenty of room to grow.</p> <p>The containers should then be put in a sunny window and kept moist.</p>
Chart #2 Summary	<p>In summary, to start seeds indoors you need a container, soil, seeds and a little time. With these simple materials anyone can have a garden on the windowsill just waiting on warm weather to bloom and grow.</p> <p>Are there any questions?</p>
Conclusion	<p>Now you are ready to catch that spring fever and start your own garden from seed!</p>

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Summary

To start seeds indoors:

1. Container

2. Soil

3. Seeds

4. Time

