

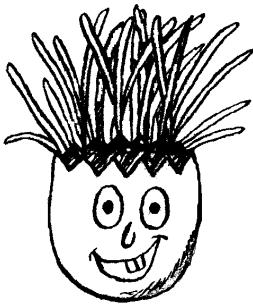
## Fun With Plants: Grow "Hair" You Can Eat

First, to **make** a ring holder for your "egghead," **cut** a strip of construction paper 1-inch wide and long enough to fit around your eggshell. **Glue** the ends of the paper strip together to make a ring.

Then gently **tap** around the top third of an uncooked egg with a dull knife or scissors. Carefully **separate** the two pieces. **Pour** out the egg into a container. Place the container in the refrigerator so that you can use the egg later. **Wash** out the bottom part of the empty eggshell. **Draw** a funny face on the shell to make your "egghead."



**Fill** your "egghead" with potting soil, and **sprinkle** with curly cress or alfalfa seeds that you bought at a health food store. Do not use seeds from a farm or garden supply store because they can have chemicals on them to keep them from rotting that are not safe for you to eat. **Add** a little potting soil on top of the seeds. **Add** a little water so the soil is wet, but not so much that the water stays on top of the soil.



**Put** your "egghead" in the paper ring in a sunny window. **Watch** as your "egghead" grows its green "hair"! The hair is really sprouts or new plants growing from the seeds. **Cut** off some sprouts to eat on a sandwich or in a salad.

You can grow sprouts another way. Sprinkle curly cress or alfalfa seeds over a new, slightly wet sponge. Gently, spray the seeds with water. Put the sponge in a warm place. Keep the sponge moist. After the sprouts have grown cut the sprouts off and eat them! Ask family members and other friends for ideas of another way to start sprouts? \_\_\_\_\_

