

Garden Ecology: Light Experiment

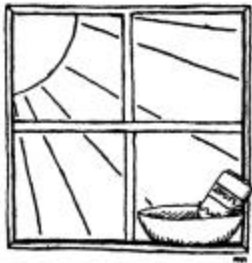
You need: 1 ounce of alfalfa seeds. They should be from a health food or grocery store so that they can be eaten.

two clean jars cheesecloth rubber bands water

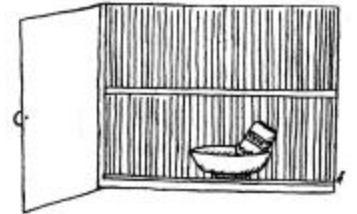


- **Cover** the bottom of each jar with 1/2 of the alfalfa seeds. **Cover** the seeds with water. Let them **soak** overnight.

- **Put** a double layer of cheesecloth over the mouth of each jar. **Keep** it in place with a rubber band. **Turn** the jars upside down over the sink or a bowl, and **drain** out the water. **Take** off the cloth. **Rinse** the sprouts in the jar with clean water. **Put** the cloth back on, and **drain** again. This time, leave the cloth on the jar. You can use the rinse water for watering houseplants since it has a small amount of nutrients in it.



- **Write** LIGHT on one label and DARK on a different label. **Put** the LIGHT label on one jar and the DARK label on the other jar. **Turn** each jar upside down in a small bowl so all the water will drain out. **Put** the LIGHT jar in or near a window. **Put** the DARK jar in a cabinet. Keep the cabinet door closed.



- Twice a day, **rinse** and **drain** the sprouts like you did in step 2 above. **Put** the jars back in their places. **Do** this for one week.
- What has happened to the sprouts? _____

- **Write** down the differences between the sprouts in the two jars.

- Which jar of sprouts do you **think** would keep growing the longest? _____
 Why? _____

Now you can **eat** your sprouts on sandwiches, in salads, or in a stir-fry! Which sprouts do you think taste the best -- the sprouts from the LIGHT jar or the sprouts from the DARK jar? _____