



# Nature Activity

## Try your green thumb

Children learn by doing. They love being part of the process - from planting seeds to daily watering – all in excited anticipation for their seeds to sprout. Create your own garden and watch it grow!

### Rooting for native plants

Watching a sprout emerge from a seed and unfurl its first leaves can be a transformative experience. It's a fantastic introduction into the world of nature for kids especially. It helps begin the conversation about one of our most basic needs... how vegetation forms the basis of our ecosystems and underpins life on earth.

The best part about gardening is you can grow plants indoors or out – on a balcony, a community garden or in your own backyard.

Vegetables (lettuce, beans) or herbs (dill, basil) are easy to grow ideas even if you don't have a green thumb. They grow quickly, are really easy to harvest and don't take up a lot of space.

Native plants like Butterfly Milkweed and White Snakeroot are also easy to grow. Because they are adapted to our climate, they're more disease-resistant, they attract pollinators and provide long term benefits to bees, butterflies, birds, mammals and insects. For more info on selecting native plant species visit [www.LSRCA.on.ca/Pages/Native-Plants](http://www.LSRCA.on.ca/Pages/Native-Plants).

1

Fill pot loosely with soil, almost to the top.

2

Scatter approximately 5 seeds (a very small finger pinch) on the surface of the soil.

3

Gently press down and tap seeds into the surface of the soil until it is flat. Do not cover the seeds with soil.

4

After planting, cover the pot with plastic wrap to create a humid and warm greenhouse-like environment.

TIP



Once the seeds germinate (you will see stems coming out of the seeds); it's time to remove the plastic cover.

5

Water as required. Replant when the weather outside is favourable (June).

Don't be afraid to get your hands dirty and have fun.



Lake Simcoe Region  
conservation authority

[www.LSRCA.on.ca](http://www.LSRCA.on.ca)

Claim your free packet of native seeds by emailing [communications@LSRCA.on.ca](mailto:communications@LSRCA.on.ca). Share photos of your sprouting seeds on Twitter @LSRCA or Instagram @lakesimcoeconservation.