

# MICROGREEN EGGHEADS

Micro-greens are quick to grow, and you will get a thick bunch of hair you can then eat in salads or sandwiches.

## MATERIALS

- ♻️ An empty egg carton
- ♻️ Empty egg shells
- ♻️ Potting mix
- ♻️ Paint
- ♻️ Felt-tip pen
- ♻️ Micro-green seeds (I have used a mixture, or you could use cress seeds)

## INSTRUCTIONS

1. Paint your egg carton and add decorations if you want.
2. Draw faces on the egg shells using a felt-tip marker.
3. Fill the shells to almost the top with potting mix (I used a teaspoon to fill the shells).
4. Gently sprinkle a small amount of seeds and then put a very thin layer of potting mix to just cover.
5. Water the soil with a small amount of water.
6. Place the shells into the egg carton - and watch for the hair to grow in a few days.

*Adult supervision may be required to help with this project, depending on the child's age.*

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