

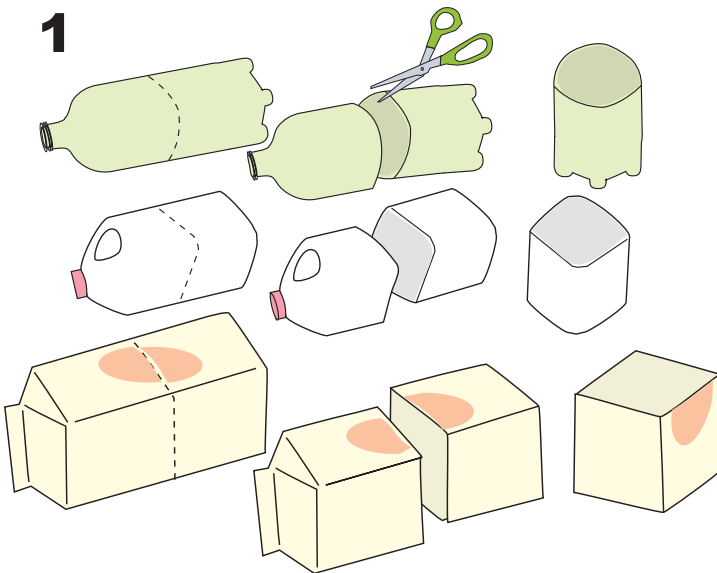
HOW DO I GROW A PLANT AT HOME?



Growing GREAT
INSPIRING HEALTHY EATING

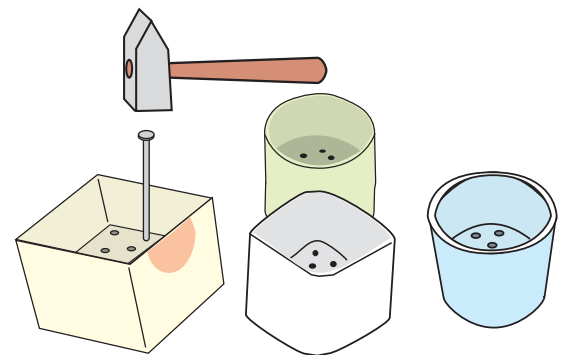


1



Cut a container from carton or bottle.

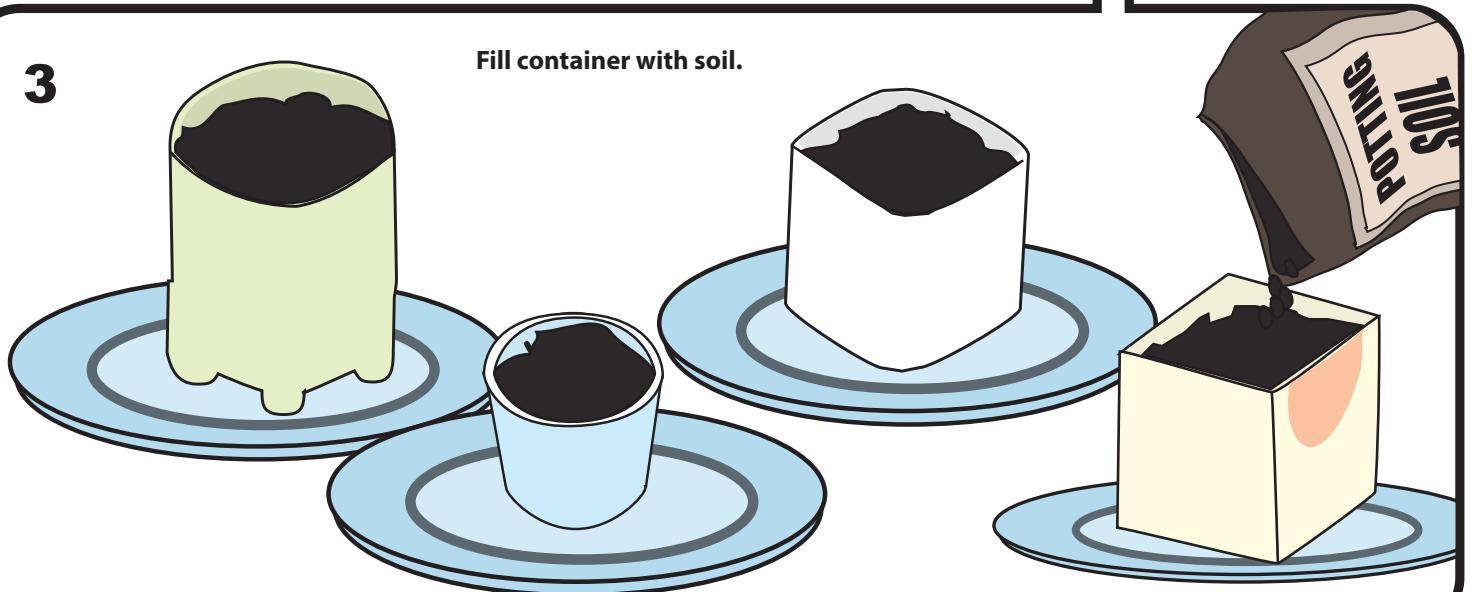
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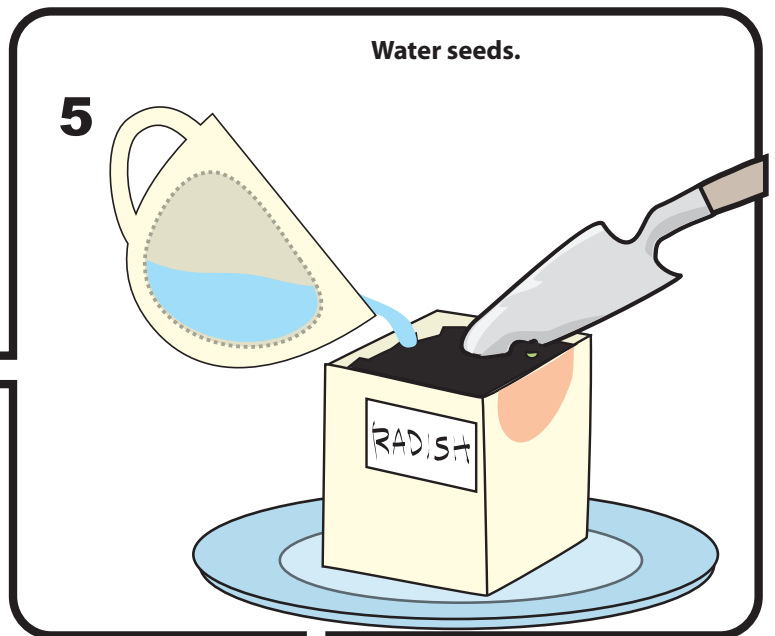
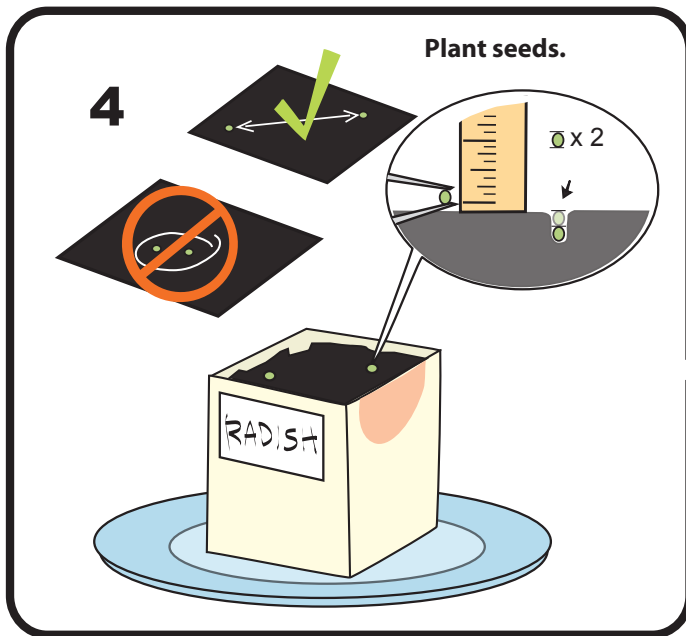


Poke holes in the bottom of the container.

3

Fill container with soil.





6 **DAY 1**

Cover container with plastic wrap and poke air holes. Water daily for 10 days until seeds sprout. Remove plastic wrap and continue to water three times per week.

Water Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	X	X	X	X	X	X
7	8	9	10	11	12	13
	X	X	X		X	
14	15	16	17	18	19	20
	X					
21	22	23	24	25	26	27
28	29	30	31			

DAY 10

Concept by Meghan Nealon
 Illustrated by Dennis Smith
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This activity was created through a Polar STEAM partnership between Yoko Kugo and Michael Koskey (research team), GrowingGreat, and the Anaktuvuk Pass community.



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