



Indoors
AGE RANGE:
3 to 6 years

Episode: What Is a Tropical Rainforest?

Charlie's Workshop

Watch It Grow Wild Like a Rainforest!

Learning Goals

SPROUT some seeds and watch them grow just like the rainforest. (Scientific Inquiry, Life Science)

TASTE how great home-grown foods are by making the Busy Bug House recipe. (Fitness and Nutrition)

Life Skills

Responsibility and Caring: Growing food and plants

Materials

- 2 tablespoons of alfalfa seeds, radish seeds, or lentil seeds (These can be obtained at your local fresh produce market.)
- One quart jar
- Cheesecloth (If you don't have cheesecloth, try poking 10 holes in the lid of the jar. CAREFUL!)
- Rubber band



Directions:

1. Place seeds in jar.
2. Fill jar about half full with water and soak seeds over night.
3. The next day, cover jar opening with cheesecloth and rubber band (or lid with holes) and drain out water.
4. Fill the jar once more with clean water and drain again.
5. When all the water is out, place the jar on its side and cover with a paper towel to block the light.



No soil needed!

More!



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Directions continued:

6. Rinse the seeds in the jar once a day and re-cover with the towel. How big are the seeds getting?
7. On the third or fourth day, expose sprouts to the light and watch them turn green! COOL!
8. One day later, the sprouts should be about one inch long and ready to eat.
9. Keep sprouts in the refrigerator for two days, then compost any leftovers.
10. Make the "Busy Bug House" recipe or other ideas below.



Charlie's **BIG** green recipe:

Busy Bug House

Vitamins galore!

INGREDIENTS:

- 1 cup alfalfa or bean sprouts per person
- 1 tablespoon of honey
- 1 teaspoon lime juice
- walnuts
- dried cranberries or raisins

DIRECTIONS:

1. Mix honey and lime juice in a bowl.
2. Mix the sprouts in with the honey-lime dressing.
3. Arrange sprouts on a plate for a busy bug house.
4. Add the bugs, such as dried cranberry ladybugs, walnut beetles, or raisin ants.
5. **HAVE FUN!** Add other bugs to the house, if you dare!

OTHER IDEAS:

Add sprouts and cream cheese to a cracker or put them in grilled cheese sandwiches.

