

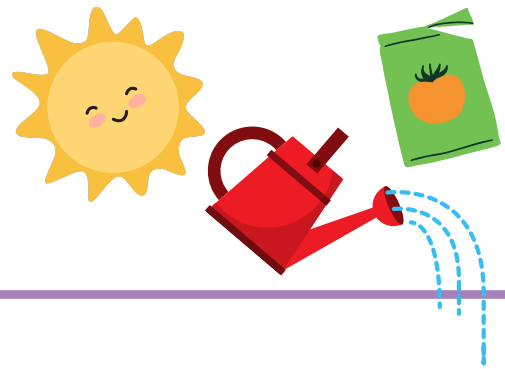


## TasteWiseKids

**Make your own salad garden!  
Salad greens can be planted  
indoors or outside. Customize  
your garden to fit your space.**

# LET'S PLANT A SALAD

**Materials:** soil, a variety plants or seeds, water, a large container/pot or garden to plant in, hand shovel.



### Steps:

1) Decide where to put your salad container garden. Plants will need sun light and space to grow. For easy access, place your garden near or in your kitchen.

2) Choose a container with drainage and place a tray underneath to catch excess water.

3) Prepare your soil. Use a mix that is suited for your container and include compost.

Choose seeds of greens and herbs you enjoy eating, (your favorite varieties of lettuce, spinach, kale, arugula, cilantro, parsley.)

4) Fill your container with soil leaving an inch or two of space at the top, plant your seeds/plants, and water.

5) Care for them as they grow.

6) Harvest leaves, so the plants can continue growing new ones!

