



Sproutzilla

UConn 4-H STEM Lab

In today's activity we will explore growing plants without soil. You will create your own edible garden in a jar. You will use the seeds in your kit to grow and harvest **sprouts**. Sprouts are newly germinated seeds grown entirely in water without soil or light, harvested in just 3 to 5 days. Sprouts are just baby plants. You will see a sprout grow from seed to the beginning of a plant, all in the matter of a week.

Supplies and Tools

A small plastic jar

Bag of sprout seeds

Cheesecloth square, paper bag, & elastics

Paper, pencil, eye stickers, marker & tape



Activity Steps

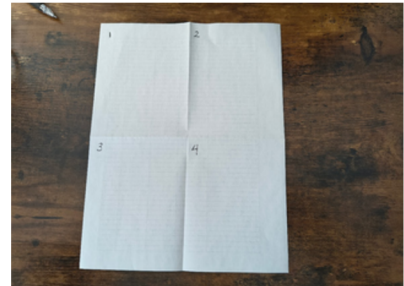
Notes

Visuals

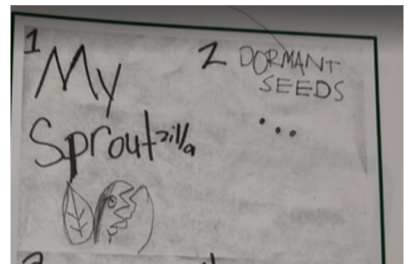
1. Start by taking the jar in your kit and removing the cover. Either with permanent marker or the eye stickers that came in your kit, make a face on the side of your jar.



2. Next, take a piece of paper and fold it in half and then in half again, so you have 4 quarters when you unfold it. Number each square 1-4 on the front and 5-8 on the back of the paper.



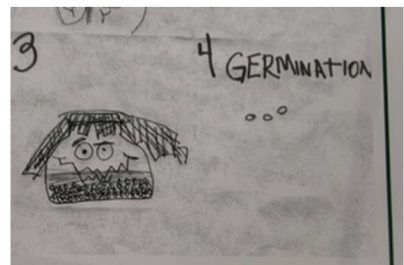
3. In the #1 square, write *My Sproutzilla*. In #2, write *Dormant Seeds*. Dry seeds are dormant. They need water to wake them up. Draw or tape a few dormant seeds in square #2. In #3, make a sketch of your Sproutzilla (after you have added everything to the jar).



4. Take 2 tps of seeds from your kit and rinse them well. Put the seeds into the jar. Cover the top of the jar with the cheesecloth and use the elastic to secure. Cut any extra cheesecloth to make hair for your Sproutzilla. Add 4 tbsp of water to the jar covering the seeds. Place jar in paper bag and allow to soak overnight.



5. Day 2 morning - Take out your sheet and on square #4 write "*Germination*". Germination means the seeds are starting to wake up. Take your Sproutzilla out of the bag. Gently remove the elastic and cheesecloth. In square #4, draw what your seeds look like today. Note any changes from yesterday.



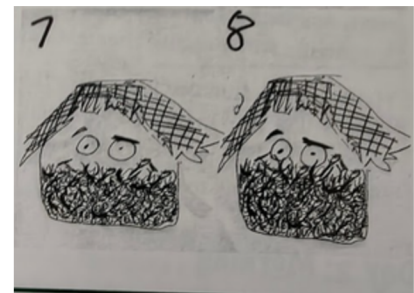
6. Day 2 morning - Put the cheesecloth and elastic back on your Sproutzilla. Rinse and drain excess water from your Sproutzilla (through the cheesecloth). Add fresh, cold water and gently swirl the seeds, then drain again. Next, turn your jar on its side and gently shake so the seeds are evenly distributed. Put back into the paper bag.



7. Day 2 evening - Rinse and drain your seeds again. This helps to keep them fresh and prevent them from drying out. Make sure the jar is thoroughly drained. You don't want the sprouts in too much water. Remember to place the jar in the bag on its side and to keep the bag open for air circulation. **Repeat 2 times a day for 3 more days.**



8. On your paper sketch the changes to your Sproutzilla each day in one of the boxes on the back side of the paper. Record any growth and changes in your jar beside that day's drawing of your Sproutzilla. When your sprouts are about 1 inch long, they are ready to be eaten. What do they taste like? Are they sweet or sour? Do you like them?



Activity adapted from "Literature in the Garden" by Texas Cooperative Extension, 2005



We want to know what you thought of this activity. Please take a few minutes to complete the short survey. You can access it by the QR code on the left or going to s.uconn.edu/4hstem2026.

If you enjoyed this project, visit s.uconn.edu/4-h to learn more about **UConn 4-H**. Check out the **UConn Extension YouTube** page to view the video associated with this activity.

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