

## How to Transplant and Care for Your Plants at Home

Your plants will need more space to grow once they are about three inches high. So look around your house or apartment for a sunny section of earth without other plants already growing. **Choose a section of your yard that gets at least 6 hours of sunlight a day.** A spot where the sun is usually shining in the afternoon is best. The plot should be about one foot long and one foot across. Remove rocks or wood chips if they cover the top of the soil.

Buy one bag of compost at the grocery or store or a garden center or perhaps borrow from a neighbor. Use a narrow spoon or a spade to break up the dirt. **Then, mix compost into it the dirt.**

**If you don't have such a plot of earth, you can transplant into a container.** You can buy cheap plastic gardening pots or tubs at the gardening center or even make one out of an empty milk jug. Cut off the top, have a parent make a few small holes in the bottom with a sharp knife so the soil can drain. **Find a sunny spot for the container** and fill the container, up to about two inches from the top, with soil and compost.

**To transplant,** place the whole peat cup with the plant in it into the soil or planting container. Fill the soil around the cup so the soil outside the cup is level with the soil inside the cup.

**Water to keep soil moist but not soaking. Add fertilizer about every two weeks.**

The lettuce and cilantro can be picked a few leaves at a time. More leaves will then grow. If all goes well, most of your plants will grow and you will have home grown vegetables by the middle of the summer. Even if it doesn't turn out perfect, you will have learned more about being a farmer and how amazing it is to see your results. This will help you understand science and your own growth too! Your body, like your plant, will do best when it get sunshine, water, and good nutrition. Just like your plants, you will grow your best body by taking care of it.

<http://www.richters.com/show.cgi?page=OnlineSeminars/seeding/demo5.html>

