



KIDS HERBALISM

HERBS - GARDEN - KITCHEN - OUTDOORS  
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# ACTIVITY Guide

## Starting Your Own Container Garden with Chelsea Jackson

### supplies

Only materials 100% needed:

- Soil
- Containers
- Seeds
- Water

Direct Links To Materials Talked About In Class:


- [Grow Light 3 Pack](#)
- [Floor Grow Light](#)
- [Seeds 40 Varieties](#)
- [100 Plastic Planter Pots](#)
- [2 Packs of Good Soil for Indoor & Outdoor Gardening](#)
- [Good Soil for Container Gardening](#)
- [Good for The Soil to Avoid Pesticides](#)
- [Small Planter Cage for Herbs/Veggies That Need Support](#)
- [Bigger Planter Cage for Herbs/Veggies That Need Support](#)
- [Storage Bins](#)
- [Starter Seeds Tray](#)
- [Clamp Light](#)
- Labels

### instructions

1. Set up your containers for your garden
2. Fill up your container with your selected soil 1/4 of the way
3. Make a small hole with your pinky finger
4. Place 2-3 seeds in each hole
5. Cover up the hole and add 1/4 more soil to the container  
(Your soil should fill between 1/2 - 3/4 of your container)
6. Water your plant thoroughly (enough so the soil is moist)
7. Put container under direct sunlight (for at least 8 hours)
8. Continue to water your plant every other day

Photo Credit: Chelsea Jackson KidsHerbalism.com





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