

GROW YOUR OWN BEAN PLANT

Who knew growing your own bean plant could be so easy! The coolest part about growing beans from seed is the rate at which they grow. Follow along below to grow fun plants in a few days! This is a great activity that can be done at home and watched over the course of time.

WHAT YOU WILL NEED:



Bean Seeds (can be food grade/beans used for cooking)

Mason jar

2 Large Paper Towels

Plastic Wrap

Needle (or sharp object to poke small holes)

Rubber Band



INSTRUCTIONS

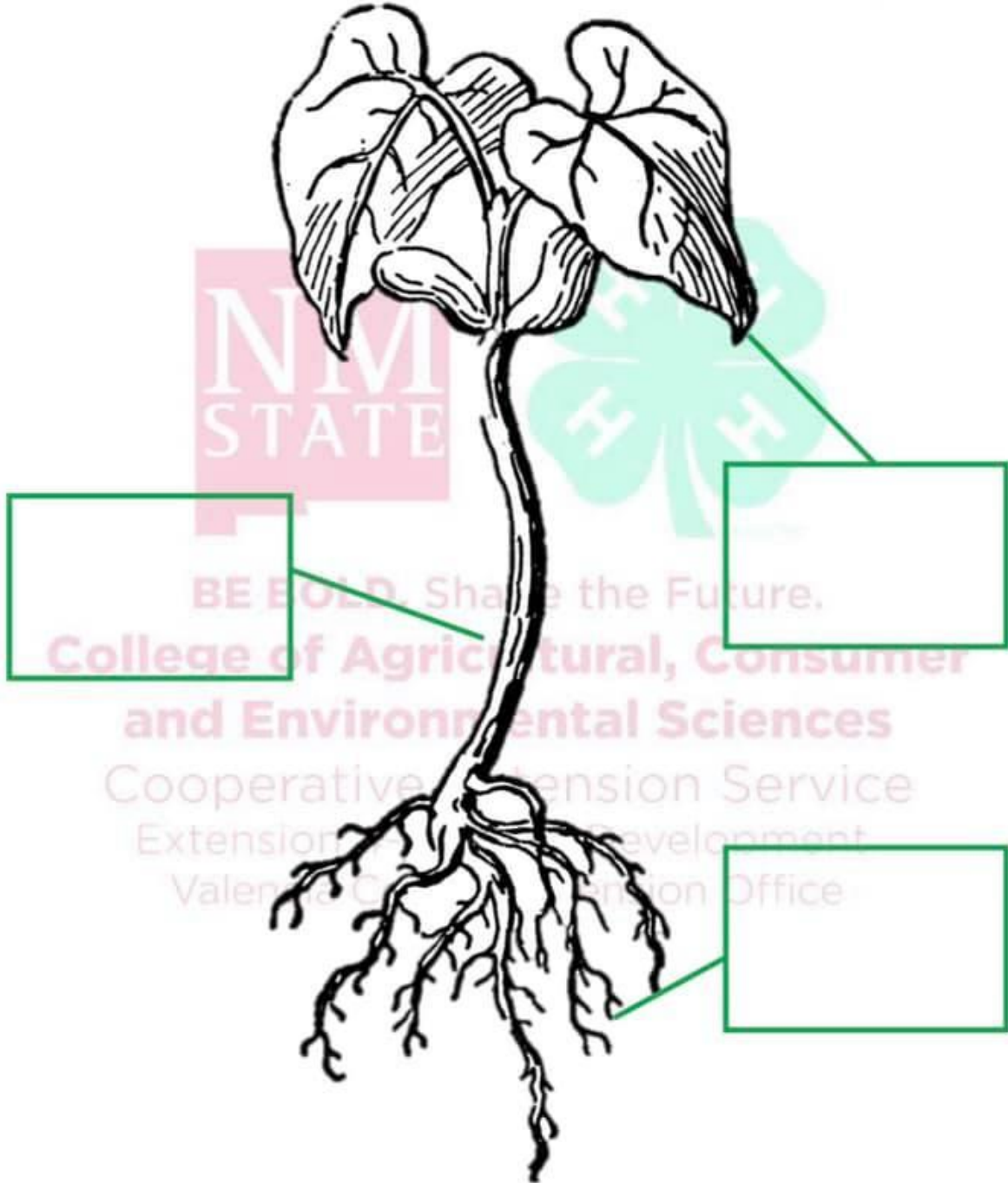
First rinse your bean seeds. I used beans from a sack that we would cook in the future! My beans had been in the freezer for some time and were not affected sprout wise. Take 1 paper towel and wet it enough for the towel to be saturated, but not dripping. Squeeze out excess water and place into the bottom of a mason jar. Place seeds on top of the wet paper towel. I used 4 seeds total in 1 jar, you could use less, but I would not use more due to rooting space. Wet the 2nd paper towels the same as the first, squeeze out excess water and place on top of beans. Cut out a small piece of plastic wrap that can full cover the top of the jar with some excess on the sides. Place on top of jar and add rubber band around the lid to secure in place. Take a needle or sharp object and poke holes along the top for air movement. Place the jar in a warm area and do not remove the lid or move around the beans.

OBSERVATION

Sprouts should be observed in a few days, mine took around 4 days to really observe growth through the paper towels. On day 6 I was able to fully see the sprouts so I added some water through the top holes. This seemed to increase the growth. I removed the lid on day 7 and moved the sprouts to a sunny window. Make sure to keep the towels damp, but not over saturated or under saturated. Leaves have started to form at a rapid pace! You can keep the plants in the Mason jar for observation until they wilt or move them to soil for continued growth!



LABEL THE BEAN PLANT



BEAN TERMS

STEM

LEAVES

ROOTS

HOW TALL IS MY BEAN SPROUT TODAY?

DAY 1	INCHES
DAY 2	INCHES
DAY 3	INCHES
DAY 4	INCHES
DAY 5	INCHES
DAY 6	INCHES
DAY 7	INCHES