



# Eco Bug Bean Seed Activity



Through planting seeds Ecobugs are recognising the importance of preserving the environment and promoting the connection between us and the land. By using the rich compost created by the worms, beans can be grown and eaten. The scraps from the beans can feed the worms to make more nutrient rich compost and continue the cycle of life.



The seeds you have been provided with are green Beans. The plant will grow best in the spring and summer outdoors, although if grown indoors with plenty of sunlight it is possible to grow them during the autumn and winter. Once the plant has grown and flowered, it will produce tasty beans that can be eaten.

## For best results;

- Plant the seed in a pot with fresh compost or soil. Use a finger to push the seed down under the soil until the child's finger is almost fully buried.
- Water the soil well for the first time until it is moist.
- *If planting outside during the spring and summer,*
  - place them outside in a sheltered location that receives good sunlight.
- *If planting inside during the autumn and winter,*
  - place pots near a window with plenty of natural light and warmth from the sun.
- Ensure the seeds are watered frequently, do not let the soil dry out.
- Seeds will start to sprout in approximately 2 – 4 weeks.
- The plants will continue to grow with plenty of sunshine and water. After flowering, approximately 8-12 weeks after planting, beans will grow and can be harvested to eat!

