**B&O JUNIOR JUNCTION**

**REUSE K-CUPS AS SEED STARTERS**

**MATERIALS:**
- Used K-cups
- Potting soil or gardening soil
- Vegetable or flower seeds

**INSTRUCTIONS:**

1. With a parent's help, peel the foil lid off of your used K-cup.

2. Remove the coffee grounds inside. (These can be mixed in with garden soil later.)

3. Fill cup ¾ of the way with your potting soil.

4. Place your vegetable seeds in the middle of your soil.

5. Cover seeds with additional potting soil, and fill the K-cup to the edge with mixture.

6. Add 2 tablespoons of water over soil and seeds.

7. Place in warm, sunny spot.

8. Watch your seeds grow!