



B&O JUNIOR JUNCTION

REUSE K-CUPS AS SEED STARTERS

MATERIALS:

- Used K-cups
- Potting soil or gardening soil
- Vegetable or flower seeds

INSTRUCTIONS:



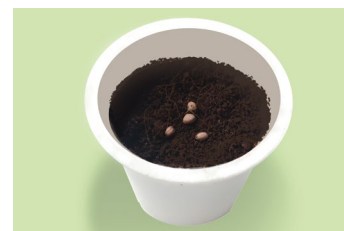
1. With a parent's help, peel the foil lid off of your used K-cup.



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



3. Fill cup $\frac{3}{4}$ 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!