



HYDROPONIC PLANTING



WHAT IS HYDROPONICS?

Hydroponics is a method for growing plants with no soil needed! Make a hydroponic planter and see plants thrive in your own classroom.

MATERIALS

Clean old sock
Scissors
Small plastic cup
Old glass jar
Water
Perlite
Peat moss
Mixing bowl
Small spoon
Pencil
Seeds (We used
lettuce seeds.)
Cling wrap

STEPS

1. Prepare your planter:

- Cut up sock into long strips to use as a wick for your planter. You will need two strips per planter.
- **Tip:** Use 100% cotton socks to absorb water quickly.
- Cut two slits in the bottom of a small plastic cup. Stick a wick partway through each slit, making sure they fill all space from the slit. This will ensure no plant medium will fall through.

2. Mix the medium:

- Mix together a 1:1 ratio of perlite and peat moss in a mixing bowl.
- Add enough water to moisten (but not flood), and mix again.
- Fill an old glass jar with water. Then place your plastic cup on the opening of the jar, with wicks hanging down in the water.
- **Tip:** Select a glass jar with an open top that will allow your plastic cup to sit on top and not fall inside.

3. Plant your seeds:

- Fill your cup with the perlite and peat moss mixture.
- Sow several seeds and cover them with some of the mixture.
- Wrap the top of the cup with cling wrap to create a miniature greenhouse. Poke a few small holes in the cling wrap using a pencil.
- Place your planter in a warm and dark place.
- After the seeds sprout, remove the cling wrap and move the planter to a natural light source, such as by a window.
- Check your planter every few days and refill the water to ensure the wicks stay moist.