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.

For more plant-based activities and resources, visit: SeedYourFuture.org