



GATEWAY REGION YMCA SPROUT HOUSE

Today we are going to create an art project with grassy sprouts!

Supply List

- Sponges
- Toothpicks
- Water
- Plate
- Chia seeds (Can also use wheatgrass, alfalfa, or grassy green seeds)

Instructions

1. Create your desired structure with sponges
2. Soak and place the seeds in the sponge
3. Make sure the seeds always have water, spray your sprout house and keep covered at night

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