

### Activity 1: Growth Log

After your seedlings emerge, keep track of how tall they are getting! How long does it take for them to grow taller than this ruler!? How tall are your seedlings on...

DAY 21	DAY 28	DAY 35
DAY 42	DAY 49	DAY 56

### FUN FACT!

Strawberries are part of the rose family!



### Activity 2: Seed Lesson

Many types of seeds can stay dormant for years! In order to bring these seeds to life, they need 3 things:



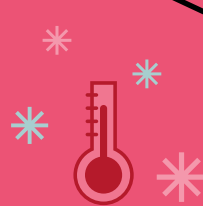
**WATER**  
seeds need water to soften their protective shell and tell them to start growing



**AIR**  
while plants use carbon dioxide (CO<sub>2</sub>) to grow, they actually need oxygen to germinate



**SUNLIGHT**  
once your seedlings have sprouted, they use sunlight as fuel to keep growing



Freezing temperatures keep the seeds dormant so they can be stored for years!

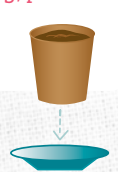
### FUN FACT!

The world's largest collection of seed varieties is stored at the Global Seed Vault on the Norwegian island of Svalbard.



### START HERE!

**Take care!**  
Excess water will seep out of your garden pot. To help protect against over-watering, place your pot on a small dish.



### Planting

**EXPAND THE SOIL:** Place the soil disk in a separate bowl and add 1/3 cup of water. Wait 30 seconds as the soil expands (pretty cool, huh?!), then add it to your garden pot. **Save a small amount of soil and set aside.**

**PLANT SEEDS:** Sprinkle 6-8 seeds onto your soil, and cover them with 1/8" of soil that you'd set aside earlier.

**ADD WATER:** Add 1-2 tablespoons of additional water to settle the soil.



### Important!

Your strawberry seeds will need lots of sun (6-8 hours daily) and warm temperatures (65-70 °F). These seeds are very small. Add water gently to not disturb root growth.



### Germination & Growth

**KEEP SOIL MOIST:** Your seeds will need about 2-4 weeks to start growing. Keep the soil moist (not wet) during the first week by adding 1-2 tablespoons of water whenever you see the soil's top layer dry out.



**TIP:** Cover your pot with a notecard or damp paper towel to increase the humidity and help your seeds germinate faster!

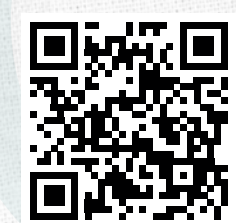
**PROVIDE SUNLIGHT:** Check for growth daily. When seedlings poke out from the soil, uncover your pot and place it in a windowsill or under a grow light. Your plants should get 6-8 hours of direct sunlight per day.

**KEEP WATERING:** Continue to check on your plant as it grows! When you see the top layer of soil begin to dry out, add 1-2 tablespoons of water.

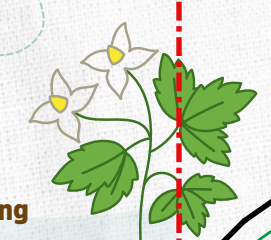
### Moving Day

When your plants sprout their second set of leaves you are well on your way to growing your strawberries – congrats! But now your seedlings are ready to be moved into the ground or a larger pot to continue growing – this is called transplanting. Your starter pot can come too – it's plantable!

For a full transplanting guide, just scan the code below with a phone camera or text SCIENCEKIT to 55490.



[backtotheroots.com/keepgrowing](http://backtotheroots.com/keepgrowing)



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### Activity 3: Find a Strawberry Farmer

Wild strawberries were used by Ancient Romans to alleviate fevers, depression and sore throats. This is perhaps due to the fact that strawberries contain a high level of Vitamin C (as much as oranges by weight!). But it wasn't till the 19th century that strawberries became a widely cultivated crop – mainly in France & England.

Today, over 1 billion pounds of strawberries are produced annually in California alone (75% of the US supply!).

Head to your local farmers market to see what kinds of strawberries grow in your community. Scan this code with your phone camera to find a farmers market near you.



### Activity 4: Learn as You Grow

Download the FREE STEM curriculum at [backtotheroots.com/curriculum](http://backtotheroots.com/curriculum)



**We're here for you!**

Have any questions as you're growing? Get in touch with our team – we'd love to help! [backtotheroots.com/contact](http://backtotheroots.com/contact)

