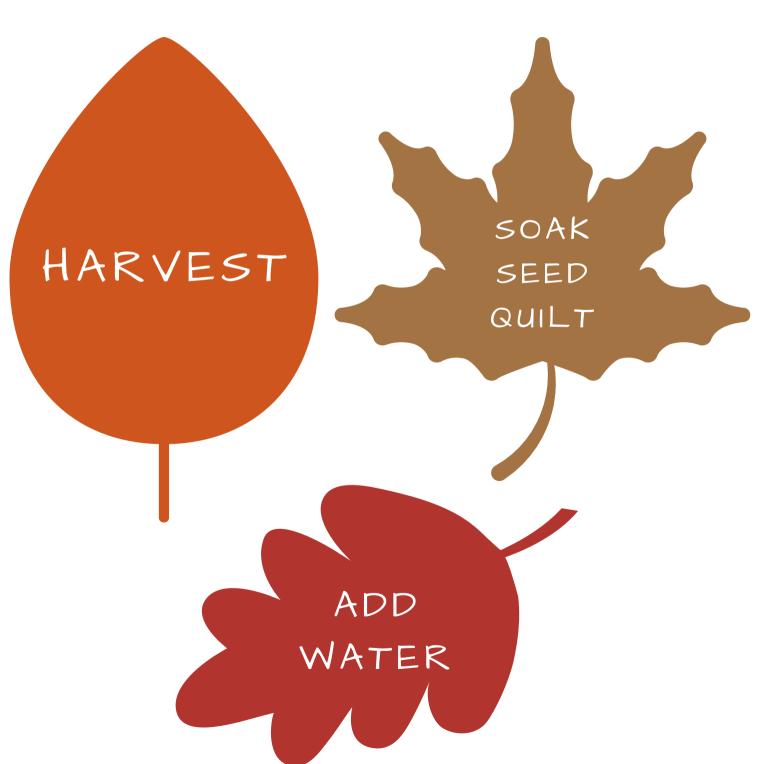






CUT OUT THE LEAVES

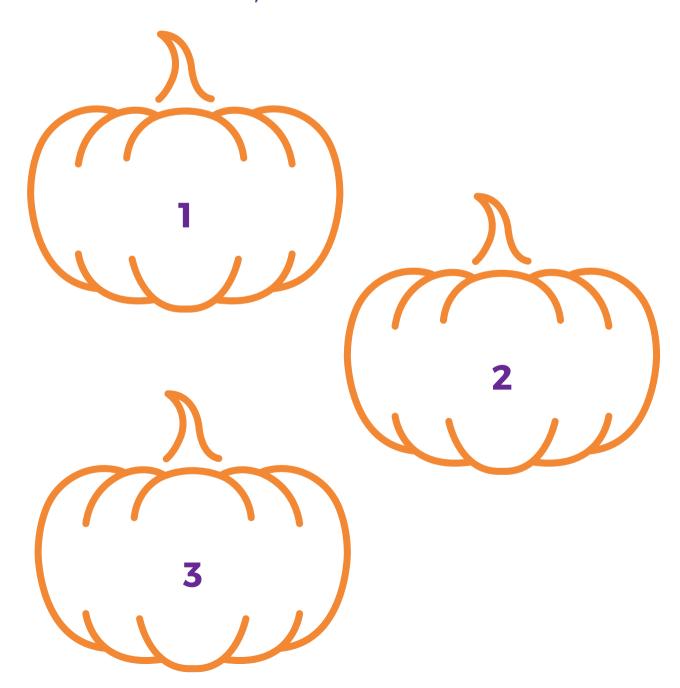






PLACE THE LEAVES ON THE PUMPKINS IN ORDER

TIP: Reference your Hamama instructions!



| HAMAMA®_

WORD SEARCH Q

CAN YOU FIND ALL THE WORDS?

KVNNHW Ι A U E D F E P K U M Ν G CAIUU P K В GSEC мс M R H S AU E SMRX X B Т U R V E S TMPB S Y SKXCGMUW Y W E RACSGAM APBQYHE ΤU RQJHHMBWRQE R PCA HONALUPNGZLF PGVKVODAUULENIF

AUTUMN BROCCOLI CABBAGE CARVING
FENUGREEK HAMAMA HARVEST HAYSTACK
KALE MAZE PUMPKIN SCARECROW TURKEY



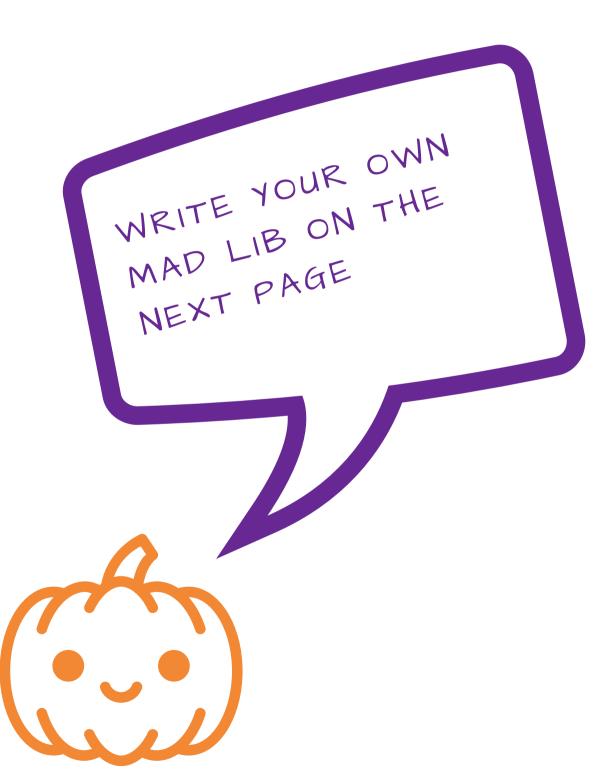


Have a Hamawesome Fall!













A Seed Quilt's Halloween

Hello my name is, the Seed Quilt. I noun
am going to dress up this year as a adjective
•
noun noun adjective day of the week
and my loving Seed Quilt parent,, can't your name
wait to harvest me! My favorite Halloween treats
are but I also love to eat! plural noun plural noun
When it's chilly outside, I like to bundle up and wea
a to keep me nice and toasty warm. My noun
favorite place to hang out is in the place
where I can watch all the activity going on. I love
to hear the sounds of the rustling plural noun
outside through the wind. My friend, the noun
is going to dress up as a! I can't wait to
celebrate and on this super adjective
Hamama-ween





Growing Microgreens in the Fall

Fall has arrived! You can tell because the air gets
& the come out to play. The adjective plural noun
leaves turn and get We get to color
go to the patch and pick our very own vegetable
to carve into Jack-O-Lanterns! My favorite design to
carve is a because it looks super
For Trick or Treat, I want to dress up adjective
like a Hamama microgreen. I just need to find some
and so that my costume is plural noun
complete! Microgreens can grow up to number
inches tall and are usually They taste
Kind of like They make fun adjective plural noun
decorations too! I'm going to use the microgreen flavor
microgreens to make hair for my This is noun
going to be a Fall! adjective



TRUE OR FALSE

CIRCLE TRUE OR FALSE

TIP: Reference your Hamama instructions!

1. You should fill water all the way up to the "fill line" of	TRUE / FALSE
your grow tray.	
2. You should continue adding water to your grow tray	TRUE / FALSE
after the initial soaking.	
3. You should place your Seed Quilt in the grow tray with	TRUE / FALSE
the seeds facing down.	
4. You should press down on the Seed Quilt until each	TRUE / FALSE
pocket turns a shade darker.	
5. The grow tray should be placed outdoors where it can	TRUE / FALSE
soak up the sun.	
6. You should avoid placing your Kit near houseplants or	TRUE / FALSE
fruit baskets.	
7. You should peel the Seed Quilt between Days 4 - 6.	TRUE / FALSE
8. You should harvest your greens within 7 - 10 days.	TRUE / FALSE
9. You should throw away your leftover Seed Quilt cover	TRUE / FALSE
and coconut fiber mat.	
10. You should eat your greens as a hearty salad, blend	TRUE / FALSE

into a smoothie, or use as a beautiful and healthy

garnish.



TRUE OR FALSE

ANSWER KEY

- 1. **TRUE.** Always make sure you fill your grow tray up to the "fill line" when planting your Seed Quilt.
- 2. **FALSE.** You won't have to add water again unless you live in a dry environment or your greens get a bit thirsty.
- 3. **FALSE.** Make sure to place the Seed Quilt in the grow tray with the tan side facing up and the coconut fiber mat facing down.
- 4. **TRUE.** Press down on the Seed Quilt to evenly wet. Hold down for at least 10 seconds letting the Seed Quilt soak up water, turning a shade darker.
- 5. FALSE. Place your grow tray indoors, anywhere you have space.
 Microgreens don't need much light, so overhead lighting will work just fine!
- 6. **TRUE.** Avoid placing your grow tray near houseplants or fruit baskets since mold can hop over.
- 7. TRUE. Check your Seed Quilt label for the recommended peel timing.
- 8. **TRUE.** For longest lasting microgreens, harvest all at once and place in a Ziploc bag with a dry paper towel inside. Check Seed Quilt label for recommended harvesting time.
- 9. **FALSE**. You can compost the leftover Seed Quilt in your food and yard waste bin!
- 10. **TRUE.** You can also check out Hamama's recipe blog for delicious Hamama inspiration!



ACTIVITY



WHAT ARE YOU GRATEFUL FOR?











I HAMAMA°_

HAPPY HAMAMAWEEN!



We hope you enjoyed the Fall Activity Book!

Here's your chance to be featured on our social media!

Share your activity book creations with us on Instagram Chamama_greens or send an email to contactChamama.com.

Kids make sure you get your parents' permission first!

Have a fun & safe Hamama-ween!

