

HAMAMA®

FALL ACTIVITY WORKBOOK





CUT OUT THE LEAVES





ACTIVITY



PLACE THE LEAVES ON THE
PUMPKINS IN ORDER

TIP: Reference your Hamama instructions!





WORD SEARCH

CAN YOU FIND ALL THE WORDS?

Y U I O T K V N N H W F C E J
D E B L D E I F A U E P A L E
D J K A O K U M C N L G R A W
V R F R P C A I U U K B V K R
H Y N M U M C G S E C M I S D
D F U D A T R O H S A P N L Y
B P X B U E S M R X T U G L E
H A R V E S T M P B S Y S Z T
R I U K X C G M U W Y W A S G
W O R C E R A C S G A M K Z V
N M U T U A P B Q Y H E D Q E
D O R Q J H H M B W R Q E A Z
Z P Q U R O T P C A U X X B R
L C H Q N A L U P N G Z L F J
P G V K V O D A U U L E N I F

AUTUMN BROCCOLI CABBAGE CARVING

FENUGREEK HAMAMA HARVEST HAYSTACK

KALE MAZE PUMPKIN SCARECROW TURKEY





COLOR TIME



Have a Hamawesome Fall!





MAD LIBS



WRITE YOUR OWN
MAD LIB ON THE
NEXT PAGE





MAD LIBS



A Seed Quilt's Halloween

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



MAD LIBS



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 adjective
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
noun
_____. 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 plural noun
complete! Microgreens can grow up to _____
number
inches tall and are usually _____. They taste
color
_____, 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 your grow tray. **TRUE / FALSE**
2. You should continue adding water to your grow tray after the initial soaking. **TRUE / FALSE**
3. You should place your Seed Quilt in the grow tray with the seeds facing down. **TRUE / FALSE**
4. You should press down on the Seed Quilt until each pocket turns a shade darker. **TRUE / FALSE**
5. The grow tray should be placed outdoors where it can soak up the sun. **TRUE / FALSE**
6. You should avoid placing your Kit near houseplants or fruit baskets. **TRUE / FALSE**
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 and coconut fiber mat. **TRUE / FALSE**
10. You should eat your greens as a hearty salad, blend into a smoothie, or use as a beautiful and healthy garnish. **TRUE / FALSE**



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?















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 @hamama_greens or
send an email to contact@hamama.com.

Kids make sure you get your parents'
permission first!

Have a fun & safe Hamama-ween!

