



Hay Day Kitchen

Potting Plants

Let's make our own little farms at home! Whether you want to grow vegetables, herbs or flowers in your kitchen, balcony or garden!



In this Hay Day Kitchen episode, we're gonna get "Crafty"! We're showing you how to grow Tomatoes, Mint and Sunflowers, from seeds to grown plants. And how to transfer a house plant to a pot of your choice!

We've prepared easy instructions and a video, so you can follow along step-by-step. Go ahead, give it a try!

Share your results using the hashtag #haydaykitchen!



<https://youtu.be/1uTWKytGocQ>

Materials:

2 - 4 small Plant pots

2 Medium Plant pots with drainage hole

10 L (2.6 gallons) Planting soil (find at your local flower/plant shop)

Perlite (find at your local flower/plant shop)

All purpose plant food All purpose plant food (find at you local flower/plant shop)



Sunflower seeds

Tomato seeds

Mint seeds

Houseplant in need of a new home

Prep time: 5 - 20 minutes

Equipment: Working surface, garden spade or spoon, plates or trays, watering can

Method:

Planting Tomatoes:

- Fill 1 or 2 small pots with your potting soil until $\frac{3}{4}$ full.
- Carefully place one tomato seed in the center and water until the soil is nice and moist.
- If the pots have a drainage hole, place them on top of a large plate or tray.
- Take the pot(s) to a warm and sunny place in your home or garden, in order for your tomatoes to thrive and grow.
- Make sure to keep checking your tomato plants and keep the soil moist by watering frequently.
- It can take 2-3 months for your tomatoes to become full grown plants that give tomatoes.

Planting Mint:

- Fill 1 or 2 pots with your potting soil until $\frac{3}{4}$ full.
- Carefully place 4-6 mint seeds into each pot. Press the seeds to about $\frac{1}{4}$ inch or 6 millimeters deep into the soil, and cover the seeds lightly with a bit more soil.
- Water thoroughly until the soil is nice and moist.
- If the pots have a drainage hole, place them on top of a large plate or tray.
- Take the pot(s) to a warm and sunny place in your home or garden, in order for your tomatoes to thrive and grow.
- Keep checking your mint plants and keep the soil moist by watering frequently.
- It can take up to 2 months for your mint to become full grown plants that you can harvest.

Planting Sunflowers:

- Fill 1 medium pot with your potting soil until $\frac{3}{4}$ full.
- Carefully place 1 sunflower seed into the pot. Press the seeds to about 1 inch or 2.5 cm deep into the soil and cover lightly with a bit more soil.
- Water thoroughly. The water should run through the hole at the bottom of the pot.



- Place pot on top of a plate or pot saucer.
- Take the pot to an area with plenty of sunlight in your home or garden.
- Keep checking on your sunflower plant and keep the soil moist by watering frequently.
- Sunflowers can take up to 18 weeks to grow from sprout to blooming a full flower.

NOTE:

The beginning growth of a seed into a sprouting seedling is known as germination. During germination, it is important to keep the seeds watered and in a warm, sunny place. Keep checking how quickly the soil dries and water accordingly. If the soil completely dries up, the plant may die. As the seeds start to sprout you can eventually water once a day. Sunflowers can take up to 18 weeks to grow from sprout to full flower.

Potting a House Plant:

If you have a house plant that is outgrowing its current pot or have a new plant that you'd like to transfer to a better or nicer, here's how to pot them again-

- With the garden spade or large spoon, scoop a good amount of perlite into your fresh soil. Perlite helps make soil airy and the roots get the oxygen. It also reduces the risk of overwatering the plant.
- Fill half the pot with the potting soil that is mixed with perlite and all purpose plant food.
- Carefully take the plant from its current pot, making sure to not damage the leaves.
- If the roots are tightly clumped together, gently open them up a little.
- Place the plant in the middle of the new pot, and scoop soil to fill the pot.
- The plant should stay firmly upright, but don't press the soil tightly. It should remain a little airy.
- Watering the plant will also set the level of the soil, so you will see if you need to add more soil.
- Place your freshly potted plant in a sunny area and make sure to keep the potting soil moist- It's important to make sure soil is not too wet nor too dry.



How did your plants turn out? We'd love to see how they're growing! Show us their progress on social media, using the hashtag #haydaykitchen Or, submit a photo to our Fan Art Uploader!