


EARLY SPRING WONDERMENT



When the grass outdoors is still dormant, it can be really fun to plant some indoors!!!

Start with a pot that has a drainage hole in the bottom & cover the hole with a piece of broken pot or a stone. Fill the pot with potting soil almost to the top. Water well. Sprinkle wheat grass seeds (available at health food stores - ask for wheat berries) on top. Be generous - cover all of the soil with a single layer of seeds. Sprinkle a bit more soil on top. Place in a window where it will receive good light & spray with water in a spray bottle every day until you see the grass starting to grow - yippee! Then water as needed...

P.S. As it grows, try rubbing your hand across the top. How does it feel? Can you smell it? Wheat grass is edible & fun to cut with scissors. Some cats love it too! 

questions? email nancyh@healinggardenjournal.com