SPROUTING FINGERS

1. Write the name of a different seed type on each finger and thumb of the glove.
2. Dip a cotton ball into water. Saturation is not necessary.
3. Dip the cotton ball into the bowl of one of the seeds you plan to sprout. Less than a dozen seeds works best, so use a light touch.
4. Place the cotton ball, seeds and all, into the correctly labeled finger. Do the same for the remaining four types of seeds.
5. Secure the opening with tape or a paper clip.

There is no need to water. The cotton ball contains enough water to germinate the seeds. Most seeds will sprout within a week.

INGREDIENTS

One clear food handler’s glove

Five different kinds of SMALL seeds (lettuce, parsley, carrots, celery, cabbage, radish)

Five cotton balls (one for each finger)

Permanent marker

Six small bowls for water and seeds.