

Let's Grow Wheatgrass!

Wheatgrass is an edible grass grown from wheat berries. Not only is it incredibly healthy and packed with vitamins, it also has an important role in certain cultural celebrations. In the Persian culture, wheatgrass (known as Sabzeh) signifies rejuvenation and new life. It is placed on a decorated table (*haft-sin*) during Nowruz, the celebration of the Persian New Year beginning on the Spring Equinox.

Materials:

- Wheat berries, unpelted (available at many grocery stores, or online)
- Bowl
- Shallow container
- Water
- Paper towel
- Sunlight

Try it!

We recommend taking a picture each day of the process to observe how the sprouts grow over this multi-day project.

1. Day 1: Place a scoop of wheat berries on the bottom of a bowl and cover with water. Soak for 3 days, draining and adding fresh water each day.
2. Day 4: Small white roots should begin to grow from the wheat berries. Drain the water and place a single layer of the wheat berries on the bottom of a shallow container or dish. Cover with a moist paper towel. Sprinkle the seeds with water once a day for the next 3-5 days. Be careful not to soak the berries. Check often to be sure that the paper towel is always moist.
3. Day 6-8: Short green sprouts should now be sprouting from your wheat berries. Once, the green sprouts are approximately $\frac{1}{2}$ ", remove the paper towel and place the container in a sunny spot, such as a windowsill. Continue to sprinkle water on the sprouts daily - enough to keep them moist, but not soaked.
4. Observe your wheat grass. Notice how the green sprouts grow longer and turn darker over time. Also, notice how the roots weave together. Continue to lightly water daily.
5. Once the wheat grass has grown to a desirable height, either use the grass as a display or cut and blend the grass into a smoothie for a healthy, nutritious snack.

Guiding Questions:

- What do you notice about the berries after they soaked in water for a few days?
- Why do you think we need to add water to the wheat berries?
- Can you find the white root? Can you find the green grass sprout?

Learning Behind the Play:

- Develops observational and critical thinking skills
- Develops hand eye coordination
- Develops new vocabulary



- Develops focus and patience

Take It Further:

Sprouting is a fun activity to do with a variety of different grains, beans, and seeds. Try sprouting different items you have around your home - such as a bean, lentil, or a seed from a snack like an apple or a bell pepper. Experiment with items that you think will grow and items you think will not. Make a prediction and test your theory!