

Grow Your Own Easter Basket Grass!

Day 1

- 1) Soak a cup of wheat or lentil in a bowl of water overnight (minimum 12 hours).

Day 2

- 2) In the morning, spread the soaked grains (Figure 1 shows how it looks when ready to grow) flat on a plate, terra cotta, or any other dishes (Figure 4a and 4b), with approximately 1/4 inch thickness. For deep vases and bowls, place rocks at the bottom (Figure 2) and spread the grain on top to establish desired height.
- 3) Soak a piece of cloth with water and place on top of the soaked grain (Figure 3). During the day check on the cloth and make sure it stays wet.



Fig 1



Fig 2



Fig 3



Fig 4a



Fig 4b

Day 3 and beyond...

Day 3 and beyond...

- 4) You'll notice the grain has sprouted with tiny roots (Figure 4c). Once you see the tiny roots, take off the wet cloth, and let running tap water go through the grain and wash any bacteria it may have built up. Keep rinsing the grains at least 2-3 times per day to make sure they stay moist and bacteria-free. Make sure you drain excess water after rinsing, so the roots do not sit in water.
- 5) Depending on the temperature and climate you will see the greens shoot up on the third or fourth day (Figure 5c and 5d). Once you see the grass, it is helpful to also keep a spray bottle handy filled with water, to spray the grass to keep it moist. Children love to do the spraying! Still, you'll have to wash the roots 2-3 times a day to keep them moist.
- 6) Assembling the grass in the basket:
When ready to place in a basket, place a large piece of newspaper inside your basket and cut out the pattern for the bottom to find approximate measurements.



Fig 4b



Fig 5b

Day 5 in the platter



Fig 5c



Fig 5d



Fig 5e

Close up of the roots and shoots on day 4 – this is what healthy roots can look like when rinsed 2-3 times per day.

Day 3 and beyond...

- 7) Then take the grass out of the dish and place on a cutting board. With a sharp knife cut the grass to the shape of basket.
- 8) Line the basket with plastic and fit the grass inside.

Now you are ready to delight a loved one!

Special Tips:

- It is helpful, although not necessary to mix a spoon full of 8% Food Grade Hydrogen Peroxide with the water for spraying, to keep bacteria away, although repeated rinsing will do the job.
- Once your grass reaches $\frac{1}{2}$ inch in height you can leave it outside to enjoy fresh air and the sunlight (outside temperature should be 45 degrees or more).

Fig 5a

Day 5 on terra
cotta dish

