**Sprouting Seeds**

**Materials**

* Clear jar or cup
* Seeds (beans work the best)
* Paper towel
* Spray bottle with water

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**Steps**

1. Place the paper towel into the jar/cup, but do not pack it in.
2. Evenly space out the seeds along the edge of the jar/cup (between the jar/cup and the paper towel).
3. Using the spray bottle, gently moisten the paper towel.  Do not soak it.
4. Place the jar/cup in a well-lit area.
5. Spray the paper towel regularly to keep it moist.
6. Watch the seeds grow!
   * Once the seeds have sprouted leaves, plant them in soil to allow them to continue growing.

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**Experiment**

* Try different kinds of seeds.  Do all seeds grow the same way?  At the same speed?
* Have multiple jars/cups of seeds growing and place them in different environments (more sun, less sun; cold, hot).  Do they grow differently?  Does the environment affect how fast/well the seeds grow?
  + Consider documenting your findings!