








ESKER YOUTH ENGAGEMENT



Create an indoor garden and watch your plants grow: <https://vimeo.com/eskereducation/youthgarden>





Gardening is a great way to relax and bring a bit of nature into your home. Having plants in your living space has been proven to improve well-being, reduce stress, increase your attentiveness and lower anxiety.

YOU'LL NEED:

-  Jars- any size will do, but larger is better
-  Rocks
-  Potting soil (a small bag ranges in price from \$1-\$3)
-  Seeds or plants (seeds range in price from \$1-\$3 per package; already grown plants range in price, depending on the type of plant- a 6-pack of pansies costs \$3)
-  Dish soap







If you want to decorate your jars, you'll need:

-  Glue
-  Paint brush
-  Tissue paper
-  Sharpie markers

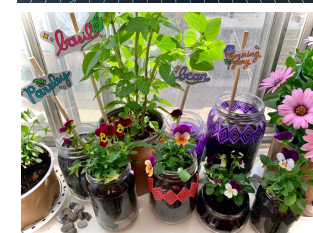


PLANTING:

-  Take the labels off your jars by **soaking them in warm soapy water** for about 30 minutes. The labels should peel off easily. If not, use a butter knife to gently scrape them off.
-  While the jars are soaking, go outside to **find your rocks**. These should be small to medium sized. Rinse them off in warm water.
-  **To decorate your jars:** mix together about 1tsp. glue and 1 tsp. water. Cut out shapes from tissue paper, and use the glue/water mixture to stick them on your jar- paint a thin layer on the jar, stick the shape down, and paint a thin layer over top. Once dry, you can use markers to draw on the tissue paper, or draw directly on the jar.
-  **Put rocks in the base of each jar-** about 3 to 5cm high. The rocks at the bottom of the jars keeps water from pooling at the base of the plant; too much water causes bacteria, fungus and root rot.



- 🌸 **Fill the jar with potting soil** on top of the rocks. If you are planting seeds, follow the planting instructions on the package, and fill the jar with soil almost to the top.
- 🌸 If you are planting already-grown plants, you won't need as much soil; gently **shake the excess soil off** the plant when transferring it from its original container to the jar- be careful not to damage the roots!
- 🌸 Fill in the areas around the plant with more soil. Press down to make sure the plant is secure. **Make sure all the roots are covered.**
- 🌸 If you are planting seeds, plant the seed 2-3 times as deep as the seed is wide. Tiny seeds should be barely covered with soil, while large seeds should be planted deeper.
- 🌸 If you plant seeds it might be helpful to make a sign to identify your plants- use a **chopstick!** The chopstick is also great for vine plants to grow onto.
- 🌸 **Moisten the soil** well!



HOT TIPS:

- 🔥 Even though the rocks help with drainage, you still have to be **careful not to over-water your plants**. Keep your soil moist- but not too wet or too dry- think of the soil like a damp sponge that contains both air and water.
- 🔥 If you're planting seeds, plant extra, because it's likely not all of them will germinate. If you end up with more than one plant, choose the healthiest, strongest-looking one, and snip the others off at the soil line.
- 🔥 If you have plants in pots and don't want to transfer them to jars, you can decorate the pots with paper by cutting a strip that's the height of your pot, and securing it with tape. You can draw on the paper, use a recycled a brown paper bag, or try using wrapping paper.
- 🔥 Make sure to put your plant (or soon-to-be plant) in an area with the **required light**- some plants need full sun, some need partial sun or shade. Information about the light the plant needs will be on the packaging.

Post your garden on Instagram and tag **@eskerfoundation** we'd love to see what you grow! 😊

Read more about the benefits of planting:

<https://www.agweek.com/lifestyle/home-and-garden/5005515-Reduce-pandemic-stress-and-anxiety-with-gardening-and-greenery>

<https://www.psychologytoday.com/ca/blog/cravings/201909/11-ways-plants-enhance-your-mental-and-emotional-health>