

MUSTARD SEED NECKLACES

According to our Sages, a *tzaddik* (righteous person) is someone who doesn't waste even a mustard seed. And, according to a scholar called Nachmanides, the entire WORLD was the size of a mustard seed before creation! Seeds are so tiny and yet they each contain an embryo, an endosperm, and a seed coat, everything that it needs to grow into a plant.

DURATION 15 minutes
AUDIENCE 4 years +
SETTING Indoors
THEME Seeds

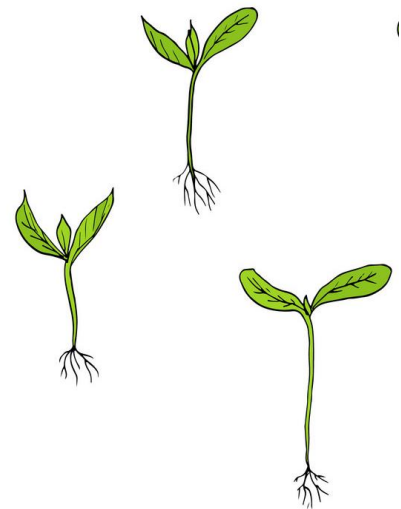
INSTRUCTIONS

1. Examine your mustard seeds. Note their shape, colour, texture, smell, etc.
2. Take a few seeds and put them in the plastic bag.
3. Fold up the paper towel, wet it so it's damp, and add it to the bag.
4. Seal the bag. Tie the string around the bag and then fasten it around your neck.
5. Wear it as a necklace for a few days! Make sure not to let them dry out.
6. The damp paper towel will keep the seeds moist, and your body will keep them warm! (Seeds do not need sun until they have sprouted leaves.) They will sprout in about 3 days.

You can experiment with sprouting other types of seeds too! You can also sprout dry beans for a yummy, crunchy, and nutritious salad topper or snack! To sprout beans for eating, put them in a jar or dish that is covered, but unsealed, and rinse them every day.

MATERIALS

- Handful of mustard seeds
- Ziploc bag
- String the length of your arm
- water



We'd love to see your sprouts or hear about your experiments! Share and tag us on social media @ShoreshTO

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