

EGGSHELL PLANTERS

Variation #1: With Grass
Variation #2: With Herbs

NOTE: Additional information about grass available in the “Grass Planter” lesson plan.



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OBJECTIVE(S):

1. Educational Components

In variation #1 with grass, each participant will be provided information about the two major divisions of grass types (warm and cool), some examples of each with emphasis upon warm-season types, their germination times, and their light/temperature requirements. Discussion will be done regarding grass varieties better suited to Arkansas since Arkansas can include both types.

In variation #2 with herbs, each participant will be provided information about some culinary herbs and growing instructions.

2. Activity

Participants will then select a grass seed or herbs/herb seeds and plant it in a pot that they can then decorate if so desired.

3. Take Away

Participants will take eggshell planters with grass seed or herbs back to their room. Each participant should also be provided a spray bottle for water to take back with them.

MATERIALS:

Plan for 8-10 patients. Eight is supposed to be the maximum, but sometimes we get 10.

_____ Pens

_____ Markers

_____ Dishpans or containers for each - potting mix, sand and seed starter (2+ dish pans are available in BRI supply cabinet)

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MATERIALS *(Continued)*

- _____ Name tags for patients (check BRI supply cabinet)
- _____ Example of completed project you're doing
- _____ An extra set of the patient project materials listed below in order for you to demonstrate the project
- _____ TWO completed presentation forms (1 to BRI and 1 mailed to Ext. office)
- _____ Your clean receipts for materials purchased (give to BRI therapists)

SPECIFIC ITEMS NEEDED for this project

- Egg cartons. **Cut into sections** for each person to take away; minimum of 2-4 egg cup sections per person
- **PREPARED** eggshells - minimum of 2 dozen (provides 2-3 per participant). Allow for extra eggshells in case participants may break any during project.
- Variety of fast growing grass, herb, flower seeds, etc.
Note: If using herb seeds, basil would be the best for this project relative to germination time, dependability of germination, and size of seeds. Some herb seeds can take up to 3 years to germinate! Other herb seeds are so small, they look like powder! Cilantro, calendula, or borage may also be good choices, but as cool-weather plants they will not do well sitting on a hot window sill.
- Teaspoon for each patient
- Potting mix
- Sand
- Seed starting medium
- Coffee sticks or popsicle sticks for labeling type of grass/herbs in each prepared egg shell
- Small-tip permanent marker to label sticks
- Spray bottle for water for each patient to take back to room (Can get at Dollar Tree)
- Water
- Optional – Decorations/Glue
Suggestions for having patients use glue:
 - Cut a small paper or wax paper square for each patient.
 - Squirt glue onto each paper.
 - Have patients dip a Q-tip into glue.

In addition for herb variation #2, consider:

- Bring grown herb plants to show the participants, let them touch and smell them.
- Bring individual packets of herbal teas. **Must get permission if participants want to take one with them after class.**

POWERPOINT OR PREZI OF PRESENTATION AVAILABLE? No

EGGSHELL PLANTERS

HANDOUTS: Variation #1 with Grass: 1) *“Grass Types Comparison Chart”*
2) *“Types of Warm Season Grasses”*

HANDOUTS: Variation #2 with Herbs: 3) *“12 Easy Herbs to Grow from Seed”*
4) *“Herbs: Pictures and Data”*

BEFORE CLASS

1. Collect egg cartons: may divide the cartons in order to have more holders and minimize the space needed on the participant’s windowsill.
2. Cut the lid off your egg carton. Without the lid you’ll have an egg holder that will slide nicely onto a window sill or similar narrow spot with sunlight.
3. Prepare eggshell sections (minimum of half the shell intact) to use as planters. Break and drain the eggs carefully. Break the 1/4 of the egg shell from the top. Make sure to keep the edge as even as possible. Over a large mixing bowl hold the egg with one hand and take a Chef’s knife with the other and carefully tap around the circumference of the egg just above the midline. You’re trying to keep the majority of the eggshell intact to give your seedling a chance to sprout some roots. When you get all the way around, you should be able to lift the “cap” right off. Discard or compost the egg cap.
4. Place the egg into your bowl and rinse the shell in hot water.

DURING CLASS

Depending upon the specific variety, remind participants that grass (variation #1) or herbs (variation #2) grow at different speeds.

1. Have each person select an eggshell and type of seed. Label a coffee stirrer or popsicle stick with the name of the seed selected. Spoon sand (less than a teaspoon) into the bottom of the shell to prevent soil “drowning” (becoming excessively wet).
2. Spoon potting mix into eggshell on top of sand. Fill eggshell a little over half full. Spoon a cover of seed-starting medium. Pack VERY lightly so as not to break the eggshell.
3. Sprinkle the grass seeds on top of the potting mix. Zoysia seed only needs 1/8 to 1/4 inch soil coverage as light is required to hit the seed to cause germination! The seeds must have light to germinate properly and only shallow planting will allow this to occur.
4. Use a spray bottle to water gently so as not to wash the seeds away.
5. *Optional - Distribute papers/wax paper squares with glue and Q-tips to each patient. Glue decorations onto eggs.*
6. Nestle the eggshell planters in an egg carton (or partial egg carton)

EGGSHELL PLANTERS

DURING CLASS: *(Continued)*

7. Place on a sunny windowsill.
8. Wait and watch the grass grow in about 7-10 days for grass seeds, or 6-14+ days for herbs.

Note: *Have each patient take a spray bottle for watering back to their rooms, along with their egg planters.*

MAINTENANCE

Using a spray bottle, water when ground feels dry.

The first thing to sprout will be the cotyledons, or seed leaves, which provide the nourishment the plant needs until the first true leaves appear—the ones that look similar to the parent plant. When plants have grown to about 3 inches, they are ready to be transplanted into the ground---but remove the eggshells first!

INFORMATION/FACTS:

Even if you do not have an outdoor growing space, there are plenty of herbs that you can grow successfully indoors on a sunny windowsill. Not only will you have the joy of the green plants growing, but they can be used in your cooking! From parsley to rosemary, fresh herbs can make an everyday dinner feel like a five-star meal, but buying herbs at the grocery can leave you with way more than you needed. Growing herbs inside is an easy way to keep ingredients right at hand and add a little life and air to your space. Whether you're ready for a small sage plant in your kitchen or want to dive into a full garden, these indoor herb garden ideas will make your space look—and smell—great.

Growing herbs is fairly easy to do. When starting herb seeds, fill the herb container with a good potting soil. Seeds and seedlings will die of a fungus if started in a regular potting soil because of its ability to hold water. Potting soil is for established plants not seeds and seedlings. Information on germination times and daylight requirements are available in the handouts.

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Grass Types Comparison Chart

GRASS TYPE	LIGHT REQUIREMENTS	DROUGHT TOLERANCE	GROWING SEASON	GROWTH RATE	HEAVY FOOT TRAFFIC TOLERANCE	UNIQUE CARE REQUIREMENTS
Tall fescue*	Sun	Good	Year-round	Fast	Poor	For better fill-in properties, add 15% Kentucky Bluegrass.
Double-dwarf fescue	Sun; tolerates light shade	Good	Year-round	Slow	Poor	Not recommended for active play or large pets.
Hybrid Bermuda	Sun	Good	Warm season	Fast	Excellent	Not suitable for shaded areas.
St. Augustine	Tolerates shade	Good	Warm season	Moderate	Moderate	Very sensitive to chemical weed controls.
Kentucky Bluegrass*	Sun to semi-shade	Poor	Cool season	Moderate	Good	Avoid hot full-sun exposure.
Perennial ryegrass*	Sun			Fast	Good	Does not self-repair; plan to spot seed.
Zoysia grass	Sun	Good	Warm season		Excellent	Requires annual dethatching.

NOTE: Adapted from Scott Cohen, (n.d.), Lawn Comparison Chart. Retrieved April 21, 2018, from <https://www.landscapingnetwork.com/lawns/types.html>

TYPES OF WARM SEASON GRASSES



St. Augustine. Deep rooted, tough, and fast growing. Greatest attributes are shade and salt tolerance. Susceptible to many diseases and produces thick thatch layers if watered/fertilized heavy enough.



Zoysia. Attractive, drought resistant and resilient to wear. Often touted as a miracle grass, but it takes years to establish. Even though it requires little mowing, it is actually a high-maintenance turf. It has poor recuperation abilities and needs plenty of fertilization.



Bermuda. A nice home lawn because it can tolerate a very low mowing height, which is also a reason it is widely used on golf courses in the South. It spreads quickly by both stolons and rhizomes, which helps it to form a thick, dense turf. It is usually found in the south. Its maintenance requirements (fertilizing, watering, and mowing) are high. Drought and cold tolerant resistant to disease. Least shade tolerant of any warm season grass.



Bahia grass is a good all-purpose grass with excellent wear tolerance, disease and insect resistance and it grows well in infertile soils. It is considered drought tolerant because of its prolific rooting but can thin out over time and is not suitable for shady areas.

12 EASY HERBS TO GROW FROM SEED

1. **Basil**
2. **Chives**
3. **Dill**
4. **Fennel**
5. **Lemon Balm**
6. **Lemon Verbena**
7. **Mint (invasive do not plant in the ground)**
8. **Oregano** (*Note: Seeds are very small - like dust.*)
9. **Parsley**
10. **Lemon Grass**
11. **Thyme** (*Note: Seeds are very small - 170,000 to the ounce.*)

Herbs: Pictures and Data



Basil: Sweet Basil is the basil of choice for seasoning sauces and making pesto. Varieties include Lemon Basil. Takes 5-10 days to germinate. Needs 6 hours of sun per day.

Note: Photo adapted from [Security]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/basil-herbs-green-mediterranean-583816/>



Chives: can be used to top a baked potato, used on any salad, added to egg salad or tuna fish. Any recipe that you might want to add the delicate onion-like flavor. Takes 7-14 days to germinate. Needs 4-6 hours of sun per day.

Note: Photo adapted from [ulleo]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/chives-chives-field-spice-2339601/>



Dill: used both as a spice and medicinally. It goes well in a wide array of dishes. Any soup is better with it, scrambled eggs take on a whole new persona, and mashed potatoes gain a savory warmth. Of course, pickles wouldn't be pickles without a liberal sprinkling of dill seeds. Takes 7-14 days to germinate. Needs 4-6 hours of sun per day.

Note: Photo adapted from [suetot]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/dill-spice-plant-food-herb-green-2826179/>

HANDOUT #3: 12 EASY HERBS FROM SEED



Fennel: used as both an herb and a vegetable. Herb fennel is used in fish dishes, soup and stews and fennel seed is used in sausage. Fennel bulbs are used raw in salads or steamed. Takes 7-10 days to germinate. Needs 4-6 hours of sun per day.

NOTE: Photo adapted from [ulleo]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/fennel-wild-fennel-blossom-bloom-2252443/>



Lemon Balm: another lemon flavored herb. Lemon balm is an easy to grow herb that not only attracts bees to the garden, but also has relaxing properties. Traditionally, it's been used to gently treat colic and upset stomach in everyone from infants to elders. A leaf can be chewed to freshen the breath or crushed and placed on a bug bite to help ease the itch. Germination is in 12-28 days.

NOTE: Photo adapted from [cocoparisienne]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/lemon-balm-herbs-herb-garden-785195/>



Lemon Grass: used in many Indian recipes. It also has a lovely aroma and is an ornamental beauty. Germination is in 7-14 days.

NOTE: Photo adapted from [tookapic]. (n.d.). Photo retrieved April 21, 2018, from <https://pixabay.com/en/plant-green-pot-nature-herbs-932743/>



Lemon Verbena: has the closest flavor and scent of a lemon than any other herb. The initial widespread use was as a food and flavoring additive, particularly being added to poultry and fish dishes, as well as salads, dressings, jams, and various beverages. However, the traditional uses of lemon verbena as a medicinal herb have come back into fashion; 35 supposed uses of this herb were found on the Internet! May require 20 days to germinate.

NOTE: Photo adapted from [leoleoboboe]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/skipper-on-verbena-bonariensis-2670359/>

HANDOUT #3: 12 EASY HERBS FROM SEED



Mint: a favorite herb to grow and comes in multiple varieties; spearmint, peppermint, orange mint, pineapple mint, chocolate mint, etc. May require 7-14 days to germinate.

NOTE: Photo adapted from [Buntysmum]. (n.d.). Photo retrieved April 21, 2018, from <https://pixabay.com/en/mint-herb-fresh-organic-plant-3202250/>



Oregano: used to flavor soups, stews, meats and poultry. Requires 7-14 days to germinate. Needs 6 hours of sunlight per day.

NOTE: [HansLinde]. (n.d.). Photo retrieved April 21, 2018, from <https://pixabay.com/en/oregano-spice-aromatic-herbs-2662890/>



Parsley: can be used on everything, such as in salads, or as a plate garnish. Requires 14-28 days to germinate. Needs 6 hours of sunlight per day.

NOTE: Photo adapted from [tegrafik]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/parsley-curved-petroselinum-crispum-1665402/>



Sage: has a slightly peppery flavor to compliments chicken, sausage, stuffing, pork, vegetables, etc. Requires 10-20 days to germinate. Needs 6 hours of sunlight per day.

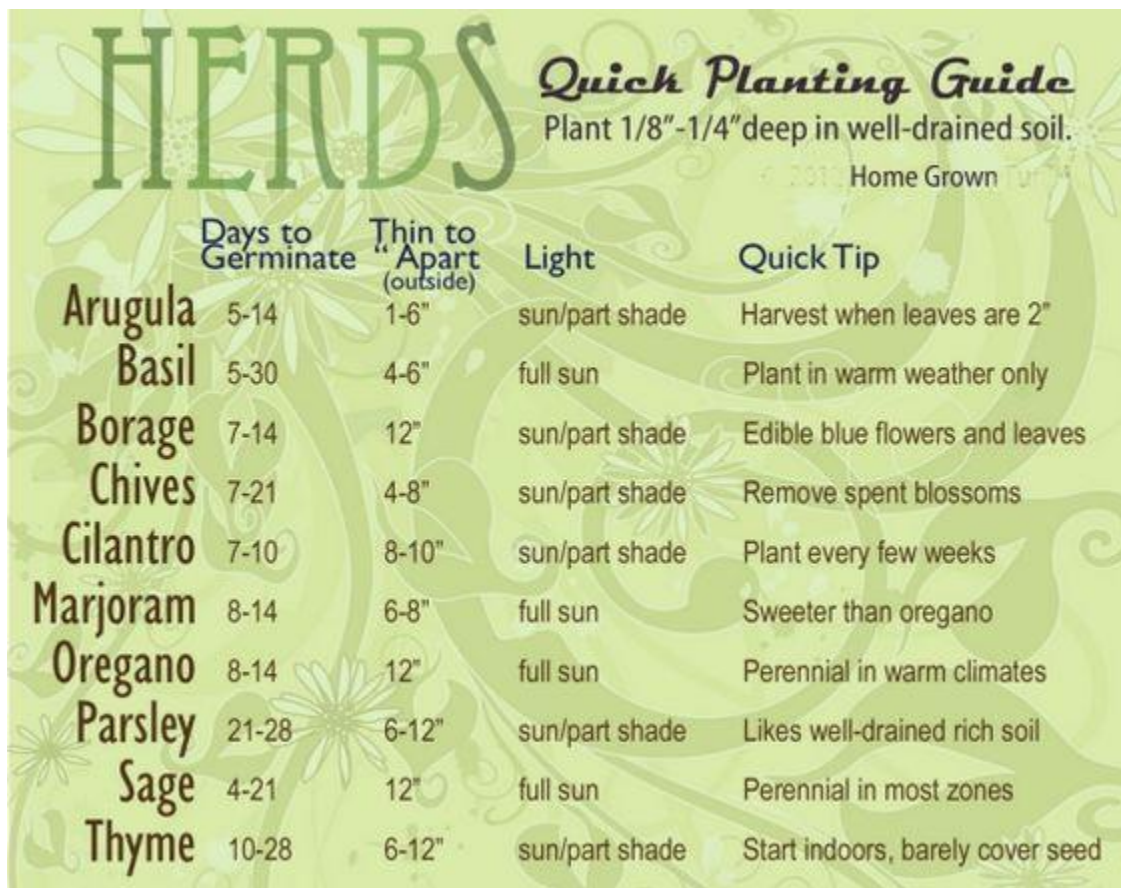
NOTE: Photo adapted from [congerdesign]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/sage-herbs-culinary-herbs-2614273/>



Thyme: a great culinary herb for soups and stews. Requires 10-15 days to germinate. Needs 6 hour of sun per day.

NOTE: Photo adapted from [maxmann]. (n.d.). Retrieved April 21, 2018, from <https://pixabay.com/en/thyme-herbs-culinary-herbs-1781005/>

Herb Quick Planting Guide



	Days to Germinate	Thin to "Apart" (outside)	Light	Quick Tip
Arugula	5-14	1-6"	sun/part shade	Harvest when leaves are 2"
Basil	5-30	4-6"	full sun	Plant in warm weather only
Borage	7-14	12"	sun/part shade	Edible blue flowers and leaves
Chives	7-21	4-8"	sun/part shade	Remove spent blossoms
Cilantro	7-10	8-10"	sun/part shade	Plant every few weeks
Marjoram	8-14	6-8"	full sun	Sweeter than oregano
Oregano	8-14	12"	full sun	Perennial in warm climates
Parsley	21-28	6-12"	sun/part shade	Likes well-drained rich soil
Sage	4-21	12"	full sun	Perennial in most zones
Thyme	10-28	6-12"	sun/part shade	Start indoors, barely cover seed

NOTE: Adapted from Town & Country Gardening. (2016, January 14). Vegetable and herb seed germination chart. Retrieved April 21, 2018, from <https://themakingofahome.wordpress.com/2016/01/15/vegetable-and-herb-seed-germination-chart/>