

# GROW YOUR OWN WINTERGARDEN!

Plants are surprisingly easy and fun to grow—even in winter. They just need warmth, sunlight, water, good soil, and a little bit of love, and they will reward you with flavor and nutrition.



## WHAT YOU NEED:



A sunny windowsill with at least 6 hours of sun if you can, so a south-facing window is best. If the window gets really cold (like at night), move the plants to another spot until it warms up.



Pots, with holes in the bottom for drainage, that are at least 3 inches in diameter. They can be plastic or clay or even a plastic cup with holes punched in the bottom. You'll need a tray underneath to catch any excess water.



Potting soil. It should be lightweight, with organic matter.



A mister or spray bottle with water.



## PICKING THE SEEDS:

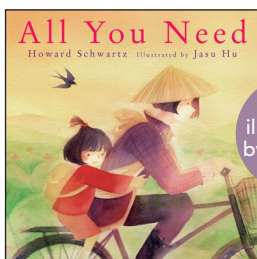
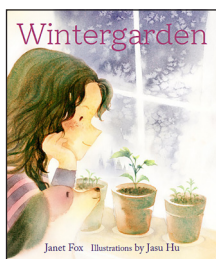
Many seeds will do well sprouting on a windowsill: most herbs (parsley, oregano, thyme, chives, cilantro, dill, basil), and lettuces, spinach, and kale. And even broccoli seeds will sprout as microgreens—you can harvest them when they are about 2 inches tall and sprinkle them in a sandwich.

## SOWING AND WATERING:

Make sure the soil is nice and moist, but not sopping wet, before sowing the seeds. The smaller the seed, the less deeply it needs to be in the soil—most herbs can be sown right on the surface. Mist the soil twice every day until the seeds sprout. After they sprout, water them from the bottom by putting water in the tray. Let them grow until they are about an inch tall, and then harvest them any time you want.

## HARVESTING:

Most seeds, especially microgreens, sprout very quickly, and can be ready to harvest by week three after sowing. Once the greens are all harvested (about a month after sowing) you can grow another batch in fresh soil. Herbs can be left to grow and grow and can be harvested all through the winter—and then placed outside in the late spring sun.



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# WHAT CAN YOU GROW?

Find the seed names and circle them below.



OREGANO

PARSLEY

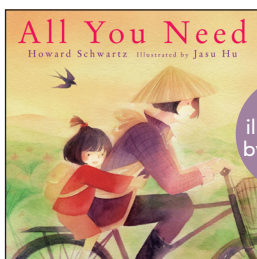
BASIL

CHIVES

SPINACH

THYME

CILANTRO



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# MAKE YOUR OWN SALAD!

Once you have harvested your greens and herbs, you can create your own salad.

Ask an adult for help.

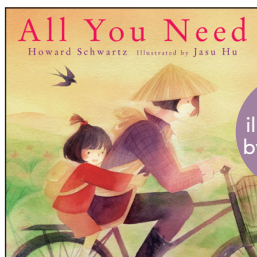
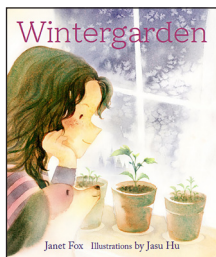


## WHAT YOU NEED:

- Greens (lettuces, spinach, and kale)
- Herbs (basil, dill, or parsley)
- 3 tbsp extra-virgin olive oil
- 3 tbsp balsamic vinegar
- 1 large lemon
- Salt

## INSTRUCTIONS:

1. Rinse your greens and herbs well and dry them with a paper towel.
2. Tear the greens into medium-sized pieces and put them into a large bowl.
3. Tear your herbs into small pieces and add them to the bowl.
4. Add 3 tbsp extra-virgin olive oil.
5. Add 3 tbsp balsamic vinegar.
6. Add the juice from 1 large lemon.
7. Add a pinch of salt.
8. Toss everything together.
9. Enjoy!



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