

# BEAN SEED KIT



CREATED BY COMMON GOOD CITY FARM

JOIN US ON ZOOM- WED 1/17 AT 3:30PM

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IF YOU NEED THE LINK

## Included in the Kit

- Scarlet runner bean pod
- Plastic bag
- Paper towel
- Recipe ingredients

## Other Supplies Needed

- water
- tape (to tape seed bag in a window)
- bowl
- salt and pepper
- additional ingredients of your choice for bean dip recipe

## Instructions for Seed Germination

1. Remove the bean seeds from the pods
2. Fold your paper towel so it fits inside the bag.
3. Get the paper towel wet and slide inside the bag.
4. Add a few bean seeds directly on top of the paper towel.
5. Find a warm sunny spot: you can tape the bag directly to a window or if your windows are cold, find a spot that gets sun and place it with the bean side facing up (or facing the sun).
6. Check your beans everyday and see if they have started to sprout. You should see something after 5 days, but leave to grow at least 2 weeks.
7. After 2 weeks you can remove the bean seeds and explore the parts in detail or transplant into soil and see if they will keep growing.



Common Good City Farm

Growing Food. Cultivating Community.

# Bean Dip Recipe

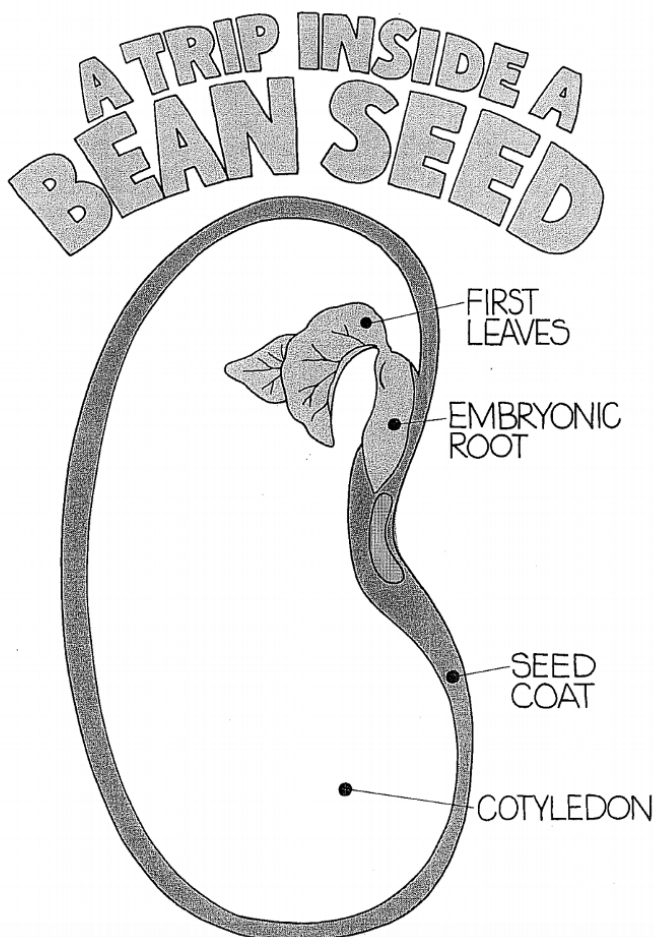
## Ingredients

- 1 can black beans
- 1 small onion
- 1/4 cup cilantro
- 1 bell pepper
- salt
- crackers or tortilla chips
- any other ingredients you'd like to mix in



## Instructions

1. Drain and rinse the beans.
2. Mash black beans in a bowl, can use a fork or a bean/ potato masher.
3. Chop your onion, bell pepper and cilantro into small pieces.
4. Stir into the mashed beans with any other ingredients you would like.
5. Add salt to taste.
6. Enjoy the dip with crackers or chips.



## More Seed Information

- Dried beans and peas are seeds that contain dormant (sleeping) baby plants. These tiny plants need signals to make them “wake up” and emerge from the seed.
- Germination is the name for the processes the plant goes through in order to sprout from the seed and form leaves.
- Plants need special signals to germinate, including light, air, and water.
- Temperature can also play a role, which is why you don’t want to put your seed against a freezing cold window.
- When a plant first sprouts, it gets nutrients from the seed. You can see the seed shrinking as the plant grows.
- As a plant matures (gets older), it depends on roots and leaves to collect the energy it needs.
- Once it reaches a certain size and uses up the nutrients in the seed, your window sprout will have to be transplanted into soil to survive.