



# Garden Planters Activity

## What you'll need:

- Milk cartons (recycle any size)
- Scissors
- Stones
- Soil
- Seeds
- Name tags (optional)
- Decorating materials (optional)

## What to do:

Take an empty milk carton and clean it thoroughly with soap and water.

1. When the carton is completely dry, cut off the top opening/folded piece. Add a layer of small stones about half an inch thick to the bottom of the carton.
2. Pour in the soil and fill the carton to the top.
3. Add in your seed(s).
4. If you are making several planters you may want to add name tags. Decorate as desired.

Don't forget to water your seeds and plants and give them plenty of sunlight. Watch for overwatering that can cause containers to rot or collapse.

## Recipe

### Tomato + Cucumber Tangy Yogurt Salad

- 2 large vine-ripe Tomatoes
- 1 large Cucumber
- 1 green Onion
- 3 teaspoons Sunflower seeds
- 2 tablespoons rice Vinegar
- $\frac{1}{4}$  cup plain fat-free Yogurt

Slice vegetables to preferred size. Place vegetables in large bowl and toss in sunflower seeds. Mix together vinegar and yogurt. Pour over vegetables.