



## Fact Sheet

### *Sow, grow and care for a plant*

Purple  
Patch  
Arts

**All seeds need moisture, oxygen and the right temperature to germinate, or grow, and many seeds also need light to germinate.**

**Germination is the process by which a plant starts to grow from a seed.**

Seeds come in thousands of different shapes and sizes – they can be as tiny as a grain of salt or much bigger than a fingernail.

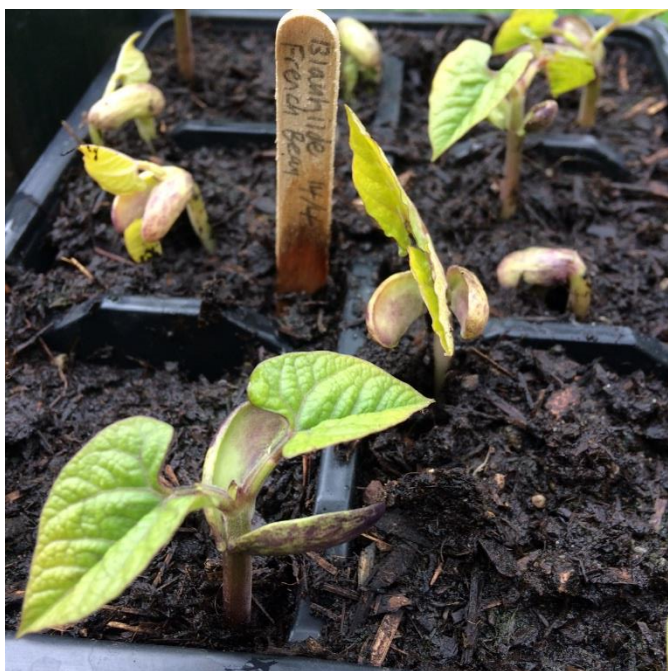
Some are round like the peas you see inside a pea pod, some are flat like courgette seed, some smooth, hard and shiny like the larger pink coloured runner beans you can see in the picture (below) and some are just tiny black dots such as poppy seed or foxglove seed - where just one dry seed head from an old flower contains thousands of seeds!



Inside any seed is an embryo, which is a tiny tiny plant, and a set of small leaves which feed the embryo. The outside of the seed has a harder coat, and this acts as a protection for the embryo to make sure it's safe.

When we take a dry seed from a packet or a seed we have saved to grow, then we put it in some compost or soil and give it water, light and warmth, something quite magical happens as it starts to burst into life!

That hard coating on the outside of the seed gradually absorbs water and starts to soften which allows the tiny leaves and root inside to also absorb water and then manage to burst out of the shell and the roots stretch downwards into the soil, but the new baby leaves grow upwards towards the light.



A new plant has just begun its life, and in spring – the time when many seeds first start to germinate and grow in the warmer weather – this little miracle is a wonderful and cheering sight to see and is probably many gardeners favourite moment in the whole gardening year!

More information:

How do seeds sprout? <https://www.wonderopolis.org/wonder/how-do-seeds-sprout>

How to take cuttings of herbs to make your own extra plants: <https://gardentherapy.ca/how-to-propagate-herbs/>

How to grow pea shoots fast to eat as salad leaves in an old crate: <https://verticalveg.org.uk/how-to-grow-pea-shoots/>