

# Growing shoots



If you don't have any beans, you can use dried chickpeas instead.



1. Put four dried beans into a small bowl. Pour water on top to cover them. Leave them for about half an hour.



2. Soak a jar in warm soapy water. Peel off the label. Rinse the jar with cold water. Leave it wet on the inside.



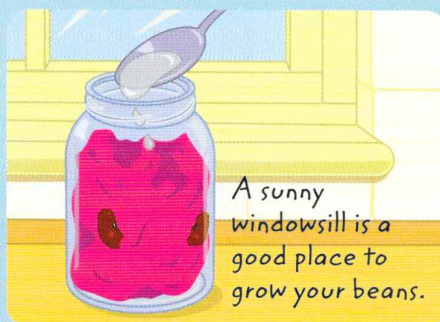
3. Scrunch up a paper towel. Wrap a bright paper napkin around the scrunched-up towel to make a bundle.



4. Push the bundle into the jar. Hold the napkin away from the side, then push a bean down between the jar and the napkin.



5. Place the other three beans around the side of the jar in the same way. Press the napkin back against the jar.



6. Spoon some water into the jar, until the napkin is fairly wet. Then, put the jar in a warm, bright place.



7. Spoon more water into the jar each day, to keep the napkin wet. After a few days, shoots will begin to grow.