

K-CUP PLANT STARTERS

How to create plant starters in used k-cups

Supplies needed:

- Used k-cups
- Potting soil
- Seeds
- Water
- Spoon or small garden shovel

Directions:

1. Remove foil top and dispose of properly (these cannot be reused or recycled).
2. Dump the used coffee grounds in the potting soil and mix well.
3. Remove the filter from inside the k-cup. The filter is biodegradable and can be added to a compost pile.
4. Fill each k-cup with the soil and coffee ground mixture. There is already a hole at the bottom from use, so it is unnecessary to create draining holes.
5. Using your finger or the end of a spoon, create a hole about $\frac{1}{4}$ inch deep in the center of each k-cup.
6. Place 2-3 seeds in each of the cups and cover with the soil mixture around the hole.
7. Lightly water each of the cups until moist. Repeat this step every 2-3 days.
8. The plant should begin to sprout in 2-3 weeks. When this happens, place the cups in a warm area where they will receive some sunlight.
9. After 4-6 weeks the plants will be ready to move out of the k-cup and into a pot or garden.
10. Re-use the k-cups to make more plant starters!



Watch the video online at <https://youtu.be/5M1Z7eSgcIc>.

Source: reusegrowenjoy.com



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