



MATERIAL LIST

How to grow a Sabzeh?

Lentils, Wheat or Mung Bean
Paper towel or Kitchen rag
A flat dish

Haftseen Egg Painting

Eggs

Natural dye: beets, tumeric, spinach, onion skin,
spinach or avacado peels

Markers

Glitter

Elmer's glue

Paper towel

Water-based paint

Brushes in various sizes