



GROWING HERBS INDOORS UNDER GROW LIGHTS



Name: _____

Date Started: _____

Date Ended: _____



OBJECTIVE

To investigate how indoor herbs grow under grow lights.



QUESTION

Can herbs grow well indoors using grow lights instead of natural sunlight?



MATERIALS

- Herb seeds (basil, parsley, cilantro, or dill)
- Small pots or seed trays
- Potting soil
- Grow light (LED recommended)
- Timer (for the grow light)
- Watering can or spray bottle
- Ruler
- Notebook or printed lab sheet



HYPOTHESIS

If herbs are grown indoors under grow lights for the right amount of time each day, then they will grow healthy and strong.



PROCEDURE

1. Fill pots or seed trays with potting soil.
2. Plant herb seeds according to the seed packet instructions.
3. Water gently and place the pots under the grow light.
4. Set the timer for 14–16 hours of light each day.
5. Keep the grow light 6–12 inches above the plants.
6. Water plants as needed to keep the soil moist but not soggy.
7. Observe and record your results each day for 2–4 weeks.



VARIABLES

- **Independent Variable:**
Amount of light from the grow light
- **Dependent Variable:**
Herb growth (height, number of leaves, health)
- **Controlled Variables:**
Type of soil, amount of water, temperature, type of herb, grow light distance



OBSERVATIONS AND DATA

Day	Plant Height (cm)	Number of Leaves	Plant Appearance / Notes	Watered? (Y/N)
Day 1				
Day 3				
Day 7				
Day 10				
Day 14				
Day 21				
Day 28				



CONCLUSION

What did you learn from this experiment?
