Charcoal (you can also use a sponge)  
Non-iodized Salt  
Ammonia  
Liquid Bluing  
Water  
Food Coloring (if you want it to be colorful)   
  
First put some charcoal in the bottom of a glass dish.

Then, spray the charcoal really well with water.

In a mason jar, mix up 3 tablespoons salt, 3 tablespoons ammonia, and 6 tablespoons bluing. I'm not going to lie. This part smell really strong!

Shake well and pour the liquid ingredients evenly all over the charcoal

Lastly, sprinkle 2 tablespoons of salt evenly over the top. You can stop there and the crystals will grow white. OR, you can add drops of food coloring all over and get a colorful crystal garden! –

To keep the crystals growing, every two days mix up 2 tablespoons of water, 2 tablespoons of bluing and 2 tablespoons of ammonia then pour around the base of the charcoal

On days 2 and 3, pour a mixture of ammonia, water, and bluing (2 tablespoons or 30 ml each) in the bottom of the pan. Try to avoid pouring liquid on the delicate growing crystals