

Grow your own veg!



Why not try growing your own veg? That way they will be carbon neutral and the food miles zero!

What you will need:

- A large container with drainage holes in the bottom. All sorts of things can be used – a bucket, an old wheelbarrow, a wooden crate, an old plastic storage box or a small area of garden – it doesn't need to be huge. See https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/Nat%20Children%27s%20Gardening%20Week%20activity%20sheets_Pizza%20Wheel.pdf
- Compost
- Sticks/shells/pebbles for marking beds
- Seeds – small, quick growing varieties are best eg lettuce, spring onions, radishes, peas for pea shoots, spinach, chives
- Watering can
- Plant labels/lolly sticks/plastic strips cut from yogurt pots
- Permanent pen

What to do:

1. Place your container somewhere sunny and fill with compost to about 5 cm from the top, gently firming down as you go.
2. Divide your garden into 'beds' according to how many seeds you want to grow with sticks, shells or pebbles.
3. Water the compost, then gently and sparingly scatter the seeds you want in each section. Cover with a light layer of compost. Remember to label each one.
4. Keep your garden watered and harvest your crops when they are ready!



If you want to grow indoors here is an idea for a cress caterpillar:

https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/Nat%20Children%27s%20Gardening%20Week%20activity%20sheets_Cress%20Caterpillar.pdf