

## Ideas for family gardening

1. Regrow fruits and vegetables from leftover scraps.



- Use the tops of various vegetables as above for example; experiment and try anything!
- Fill a container with water, you can use yogurt pots, margarine tubs, fruit containers from supermarkets (check for holes!) and place the vegetable tops in.
- Watch it grow, replant into soil if desired; you may get a new crop or flowers!



- Use the seeds of various fruits as above for example; tomatoes, avocado, peppers, chillies and melon. Experiment and try anything!
- Fill a container with soil or water (avocado), you can use yogurt pots, margarine tubs, fruit containers from supermarkets (check for holes!) and place the seeds in.
- Watch it grow, you may get a new crop or flowers!

## 2. Cress



### Growing Seeds: Cress

- Use empty yoghurt pots or egg boxes. You can decorate these if desired prior to planting.
- Once ready, fill with soil or use wet kitchen roll and place it in the bottom of your pot
- Sprinkle a teaspoon of cress seeds onto the wet soil or kitchen paper and press them down gently with your finger.

## 3. Homemade Propagators



You can reuse an old yogurt pot by filling with soil and replacing clear plastic lid to speed germination of seeds, or reuse any clear solid plastic packaging in this way eg, tomatoes or any soft fruits; by filling one with soil and seeds and placing another inverted on top



For bigger plants, you can use a 2ltr drinks bottle, cutting the top off and placing back on.

#### 4. Milk bottle planters



- Using either a 1, 2- or 4-pint carton, cut as shown in first picture.
- Allow your child to decorate using paints, felt tips, nail varnish, stickers etc.
- Fill with soil and plant up with whatever you want (see above for ideas) or plant any seeds even if out of date and watch them grow.