

Growing plants

Now is the time of year when we start to think about planting seeds and growing plants. We can grow some plants from things that we have around the house

Carrot tops

You don't have to go out and buy seeds you can grow plants from many things that you have in the house and garden.

When I was a little girl one of my favourite things to grow was carrot tops. Next time you are having carrots to eat save the top bit and place in a saucer with a little water and place on a window sill, add more water when needed and watch the greenery grow.



You can use Bird seed

Bird food contains seeds! Just plant a few of the bird seeds in a shallow tray of soil, keep watered and see what grows.

Or you can pick out the sunflowers seeds, they are the stripy ones or they are sometimes plain black. You can plant these in a little pot of soil, keep watered and then plant them in the garden when they start to grow. You will have your own sunflower!

Watching Beans grow

You may find different sorts of dried beans in your kitchen. You can plant one of each sort.

Use a see through container, e.g. a large plastic glass. Cut a piece of paper to size, roll up and put the paper inside the container. Fill the roll with cotton wool or sawdust. Place your beans and peas between the paper and the glass. Keep the cotton wool moist and soon your beans will begin to grow, you will be able to see the roots and then the shoots.



Use dried peas from the kitchen to grow your own pea shoots to eat!

Soak your dried peas in water for a few hours and then plant in a tray of soil. Keep watered and they will shoot up quickly and be ready to pick in 2-3 weeks. Cut off the tops, and the bottom may re-grow! Eat with your salad or in a stir fry!