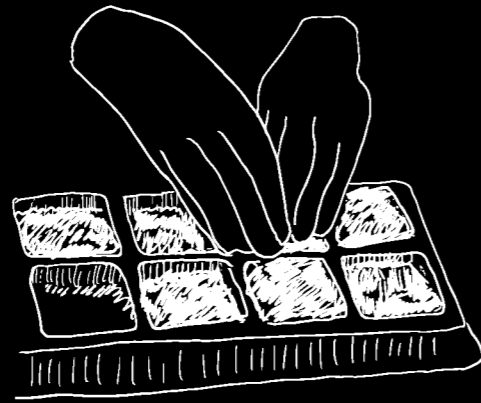




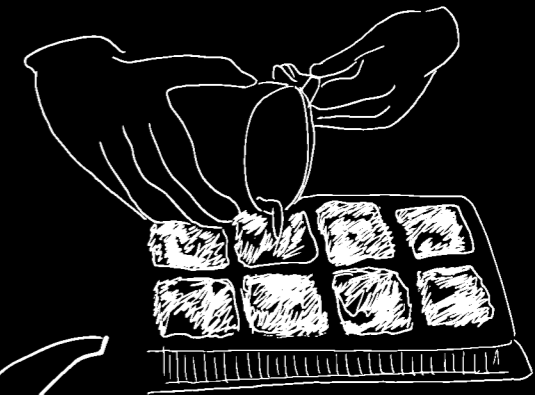
1. FILL YOUR SEED CELLS WITH LOTS OF COMPOST AND COMPRESS IT SO ALL THE SOIL IS NICE AND FIRM



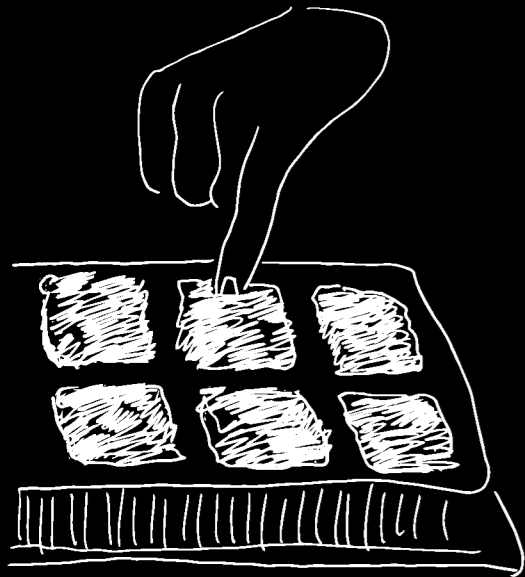
2. COVER WITH A SPRINKLING OF WATER



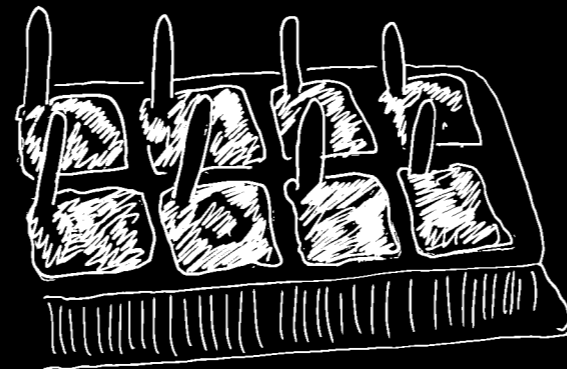
3. IF THERE IS SPACE IN THE TOP OF THE SEED CELLS, FILL THIS BACK IN WITH MORE COMPOST SO IT IS FULL TO THE BRIM AND WATER AGAIN



PLANTING

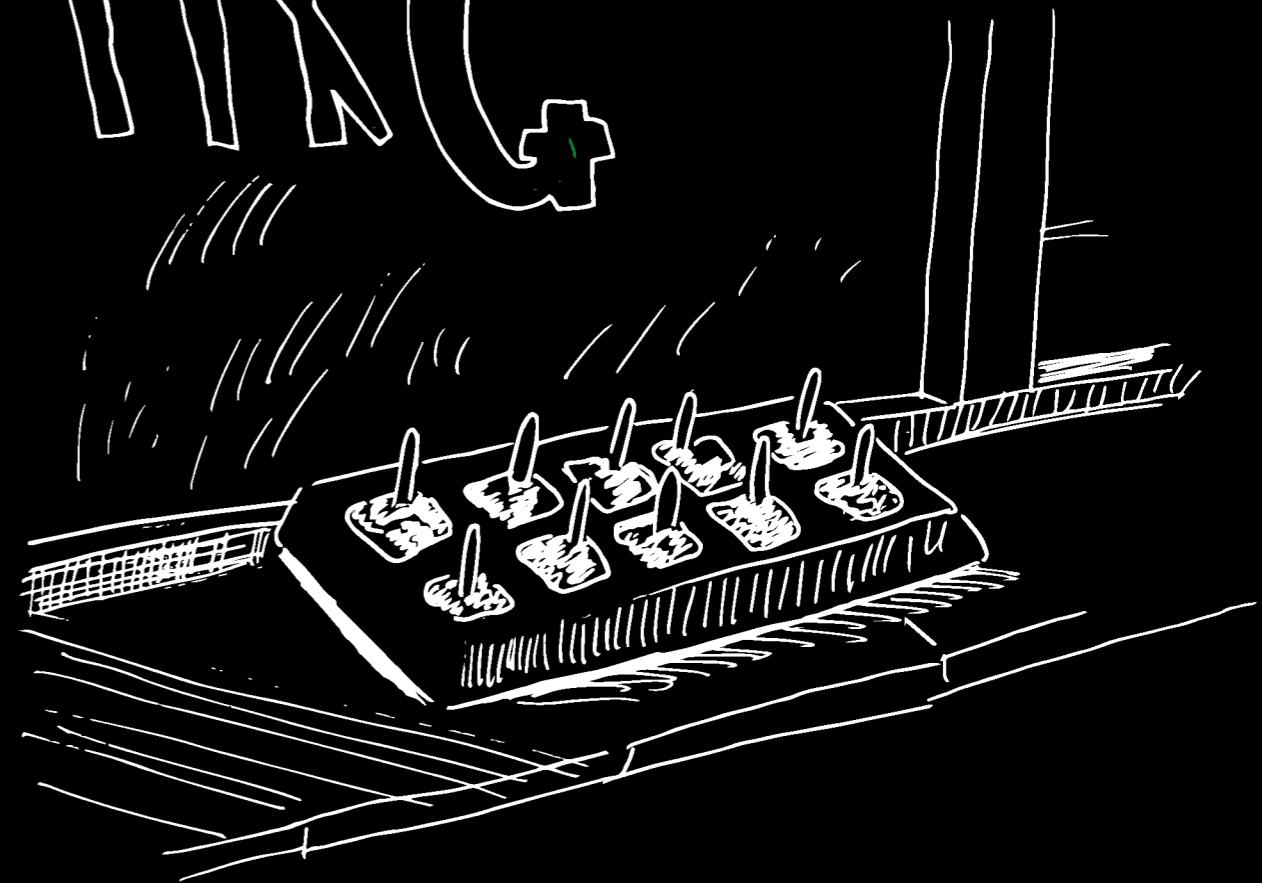


4. NOW YOU NEED TO MAKE THE HOLE WITH YOUR LITTLE FINGER



5. USING THE SEEDS PROVIDED (YOU WILL HAVE A FEW DIFFERENT VARIETIES), PUT ONE SEED OF EACH VARIETY IN ONE CELL, MAKING ROWS OF THE SAME VARIETY OF DYE SEEDS. MARK WHAT THE SEED IS WITH THE LOLLIPOP STICKS PROVIDED.

6. PUT YOUR TRAY AND THE UNDERTRAY ON A WINDOWSILL OR IN A SUNNY SPOT SOMEWHERE INSIDE YOUR HOUSE. YOU WILL NEED TO WATER THE SEEDS REGULARLY TO PREVENT THEM DRYING OUT.



Homegrown Veg



basil



Squash



Lettuce



Chives



Sunflowers

Basil is a plant that comes in many different varieties from cinnamon to sweet to lemon basil. This week we will be growing sweet basil! Sweet basil is an annual plant meaning that it will only last one season and it will have to be sown again next year.

Basil originates from tropical regions, it has a strong often sweet smell and is used as a herb to flavour a variety of different dishes.

Sow your basil from March to April. Grow your plants in a warm spot inside your house as it is too cold outside for these plants. You should be able to harvest your basil in July. To harvest, you can take off the top of the main shoot of the plant.

This week we will be growing Orange Hokkaido Squash, which is an orange coloured winter squash. It looks like a mini pumpkin without the ridges. The plants fruit (the squash) are super tasty and can be made into soups, pies, lasagne and so much more!!!

Your squash can be sown into pots/soil at the start of April and kept indoors. This plant will need to be grown indoors, so when the plant reaches 7/8cm tall it can be transplanted into a larger pot with more soil so that its roots have room to grow. If we are having a super warm and sunny summer (pleaseeee) we can plant the squashes outside in a well sheltered spot 1-2 meters apart. The fruit (the orange squash) will be ready to harvest in the autumn.

Lettuce is another annual plant that we will be growing, meaning that it will only grow for one season! Lettuce is mostly grown as a salad crop and can be eaten in a variety of different ways. We can sow our lettuce seeds into soil from February, leaving our plants to grow in a light and sunny place.

The lettuce can either be moved outside when big enough, or it can be grown inside. You will need to wait till the lettuce is at least 10cm tall before you take the first harvest.

Chives are a species of flowering plants that produce edible leaves and flowers. Chive plants are perennial plants meaning that the plant will live for more than two years. They are a brilliant plant for attracting butterflies and bees.

Chives can be sown from March-June and it will take 14-21 days for them to germinate (until a little green shoot pops out from the soil). Once the last frost has been, the chive plants can be planted outside.

Sunflowers are brilliant at attracting insects such as bees! Sunflower seeds and sprouts of the common sunflower have many medicinal uses. The seeds that sunflowers produce are edible and full of nutrients.

Sunflowers can be sown in early spring once the soil has warmed up! We will be growing our own sunflowers on our windowsills until they are big enough/ it has warmed up enough for them to be moved outside!