

# Simple steps to growing

## 1. Pick a Crop

There are so many varieties of vegetable seeds to choose from it can be difficult to decide on what to plant! Pick something you would like to eat or that you have always wanted to grow and do a quick check as to how big the plant will grow. You could try pea shoots, salad leaves or herbs.



## 2. Pick a Pot

There are many recyclable objects you can use as a pot, it doesn't have to cost the earth. Toilet roll tubes make fantastic pots for beans, peas and carrots, and the best thing is you don't need to disturb the roots when you put them into a bigger pot or the ground as the cardboard can be planted too! You can also use egg boxes, mushroom trays or re-use old plant pots.



## 3. Pick a Spot

Your seedling will need light and warmth to grow so choose a sunny windowsill to get it started. If you have outside space, you can start some seedlings off in the garden. Cover them with a clear plastic bottle to create a mini greenhouse.

