






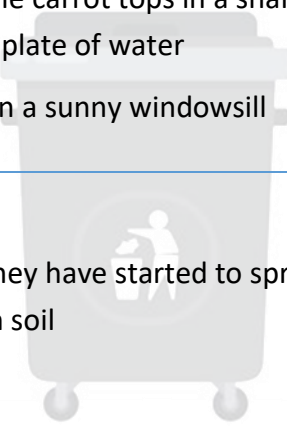


Growing Food Waste

Instructions

Spring Onions, Leeks & Fennel		<p>Place the roots in a glass jar of water (do not fully submerge)</p> <p>Place on a sunny windowsill</p>
		<p>Change the water daily</p> <p>Harvest when full</p>
Celery, Cabbage & Lettuce		<p>Place the roots in a shallow dish or plate of water (do not fully submerge)</p> <p>Place on a sunny windowsill</p>
		<p>Spray with water to stop the leaves turning brown</p> <p>Replace the water every couple of days</p>
		<p>Once the leaves have sprouted, plant with just the leaves above the soil</p>
Carrots		<p>Place the carrot tops in a shallow dish or plate of water</p> <p>Place on a sunny windowsill</p>
		<p>Once they have started to sprout, plant in soil</p>



Harvested Seeds

Growing Instructions

Making Your Own Seed Planting Pots



Cut 4 slits equally around the base of a cardboard tube (approx. 3cm long)

Fold in the cut flaps and overlap to create the base



Fold over a length of newspaper to make a strip (slightly taller than the height of your pot)

Wrap around a cylinder shape tube, or cup and push in one end to form the base

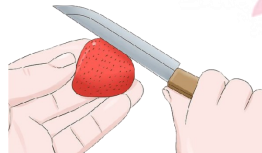
Remove the item from the middle



Use an egg box as its or cut out the amount of modules you need

Harvesting Seeds

Strawberries



Thinly slice the skin off a strawberry

Place in a pot of soil on a sunny windowsill

Keep moist and once it has started to sprout, plant outside

Peppers / Tomatoes / Apples / Pumpkin



Remove the seeds from inside a pepper

Plant one in each pot of soil

Keep moist and once it has started to sprout, plant outside

Make Your Own Milk Carton Watering Can



Remove the lid and pierce as many holes as you need (bigger or multiple will release more water)

Fill the bottle with water and replace the lid