



# Planting Seeds

## What you need

An old cardboard egg carton or small plant pots

Potting soil, used coffee grounds (if you have them), a waterproof plate or tray and seeds!

Ice lolly or name sticks, a pen and some scissors.



## How to make them

Cut up your egg cartons so each cup is separated. You may need a grown up to help.

Fill each egg cup about half full with potting compost and a mix of used coffee grounds and then pat them down. You don't need to use coffee grounds – they are just very good at adding in extra nutrients to help your seedlings to grow.

Use your finger to poke a hole into the soil. This is called drilling. Sow your seeds by popping the seeds inside the hole. Look on the packet to see how many to plant. Remember not all the seeds will sprout and grow but you don't want to overcrowd them either.

Sprinkle some more soil over the top to cover and pat down gently.



Time to water! Place the egg cups on a tray and then water with a watering can or a spray bottle. Be careful not over-water and drown them. You can also put the water on the tray so that the cardboard soaks up the water. Place your tray of seed cups in the sun. A window ledge is perfect.

Make your labels. Lolly sticks are good for this, pop them with your seeds so you remember what you have grown. Finally, tidy up!

Water your cups regularly and watch the seeds sprout and grow, They may need re-potting into larger pots or go directly in the ground. Your seed packet will tell you all you need to know.



## Choosing seeds

How to decide what you want to grow - do you want to grow something to eat, have flowers to brighten up the garden or your house, flowers that smell amazing, or something to attract wildlife like bees and butterflies to your garden?

If you want to see something happen very quickly, growing cress is always a good idea. It grows very quickly indoors and you always get good results.

Larger seeds are good for small hands – think courgettes, beans, nasturtiums and sunflowers. You can buy seeds in your local garden centre or go online. Try Thompson & Morgan or Suttons to get your hands on child friendly seed packets, and the Royal Horticultural Society (RHS) has great advice and runs the RHS Campaign for School Gardening.

Get gardening and have fun!



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