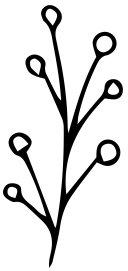




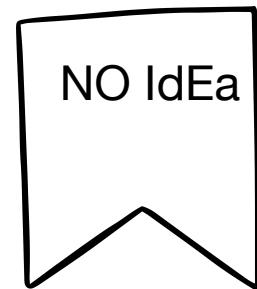
# GARDENING AT HOME:

## Growing micro herbs



You will need:

- A margarine tub or tupperware
- An old clean towel
- Herb seeds
- Scissors



For this activity we are going to grow vegetables and herbs, but only to a very small size. This is great because its very quick and you don't need compost.

Normally seeds need soil or compost to grow so they can anchor themselves, and make sure they don't fall over. When we grow micro herbs we only grow the plants until they have the first seed leaves or a leaf or 2 after that. So they don't need to anchor themselves deeply. So instead of soil we use material and water. When you grow seeds in water rather than soil or compost, this is called hydroponics.

When seeds grow they need warmth and water to start germination. Water makes the seed coat soft and water and warmth make the seeds shoot and root start to grow. The energy used to grow comes from the food inside the seed. That is until the first leaves (Cotyledons) are developed, and then sunlight takes over to provide energy for growth.

Start by cutting a piece of towel that is the same size as the bottom of your container. You can draw round it first if its easier.



Then sprinkle lots of seeds on the towel and pour enough water in the container that the towel is soaked wet.



Put the container somewhere warm and totally dark. You want the new stems to stretch for the light. Keep checking it every day. Water if it's starting to look dry. Remember seeds need to be kept moist at all times.



When the stems are long enough put the container on a sunny windowsill until the leaves are green. Then cut close to the bottom, eat and enjoy.

What seeds make great micro herbs? Amaranth, basil, broccoli, chervil, chickpeas, coriander, cress, fenugreek, kale, kohlrabi, mizuna, radish, rocket and lots more. How long shall I leave them in the dark? It depends what you're growing but 1-3cm should be

about right.

PEAS: Pea shoots are grown in exactly the same way only they need to stretch a bit longer and they can take a bit longer to grow. Also its a good idea to soak the peas for 24hours, then rinse them and put them in the container as before.

Micro herbs are high in antioxidants, vitamins, minerals and fibre. Because you eat them raw they retain all there goodness. So, as micro herbs only take between 1 and 3 weeks to grow. You can supply yourself with heaps of good food in a short time.

