



# FAMILY ACTIVITIES AT HOME

## Windowsill Gardening

Ages  
3+

Even if you don't have a garden you can still grow plenty of plants on your windowsill. Making your own pots and watching seeds germinate is really fun too.



### STEP 1 - MAKE SOME POTS

You don't need to go to buy any fancy pots for your windowsill garden. It is much better for the planet and more fun to reuse things that are about to be thrown away. So start raiding your recycling! Plastic tubs, yoghurt pots, tin cans, drinks bottles with the top cut off can all make great little containers for growing. Use your art supplies to decorate however you want.

### STEP 2 - CHOOSE WHAT TO GROW

#### Cat Grass

If you have cats why not grow cat grass? Cats love to eat it and it keeps their digestive system healthy. Simply sow plenty of cat grass seeds in a tray of compost and water. It will germinate in a few days and you'll be amazed how much your cat will love it. Trim your cat grass as it gets long. Cats like the fresh young shoots best.



## Cress & Microherbs

Cress seeds are a favourite to grow because they germinate so quickly. When we tried this activity at home we could spot our seeds germinating after less than 24 hours!

Cress is a type of microherb. Microherbs are plants that can be harvested and eaten before they are fully grown.



Cress ready for harvesting



Basil seeds sprouting

Loads of plants can be grown in this way including radish, coriander, spinach and broccoli.

To grow cress or other microherbs, sprinkle lots of seeds onto moist compost or wet kitchen roll. Whichever method you use make sure your seeds don't dry out.

## Carrot Tops

Carrot tops are super simple to grow. You don't need soil, seeds or even pots, just the tops of carrots. Place your carrot tops in a saucer of water on a windowsill and wait until they start growing.

You will notice green shoots start appearing after a week or so. The green shoots can be cut and sprinkled on salads.



Carrot tops

## Plants from pips

If you can't easily get any seeds from the shops why not experiment with growing seeds from the fruit in your house.

We tried this at home last year and grew pomegranate, chilli, and a date palm! Experiment and see what seeds you can grow. Some can be grown as houseplants.

Grown from a date seed!



Cut microherbs at base



## STEP 3 – HARVEST AND EAT

If you are growing edible plants make sure you remember to eat them! Carrot tops and microherbs can both be cut and sprinkled over your food. Think of them as vegetable confetti!

With microherbs look for the first set of 'true leaves' to know when they're ready to harvest

These aren't the first two leaves that pop up as the seeds germinate, they are the leaves that grow after these. Snip the stems just above the soil.

Microherbs and carrot tops are very good for you. They are packed with vitamins and minerals.



Vegetable confetti!