

# Grow salad



## Why?

Whatever space you have you can watch something grow, and if the end result will be edible that's even more fun! Great windowsill ideas are herbs or chilli plants, and outdoor in pots or a hanging basket you could try tomatoes.

## Make a self watering plant pot

### You will need

- An empty plastic bottle, the straighter the better
- Some old rags
- Scissors
- Soil
- Seeds (try a salad mix for quick results)

You do not need to be exact with the measurements!

- 1) Cut the bottle in half along the middle.
- 2) Take the cap off the bottle top and stuff the pointy end with squashed up rags. This will be a wick for the water.
- 3) Place the bottom of the bottle on a flat surface and push the inverted top down into it. You might need to squash the top a bit to get it to fit. If it is refusing to fit cut a slit down the side of the top.
- 4) Fill with soil to a couple of cm below the top line and sprinkle on the seeds thinly. Cover with soil to the same depth as the seeds, thicker seeds need more covering than tiny seeds.



- 5) Gently add water. You will see it drain down into the bottom reservoir of the plant pot.

This is a brilliant way of using up plastic bottles and saving time with plant watering. If you plant beans or peas you can see the roots growing down to the water too.

Bigger plants will need transplanting into proper pots later.

Some plants prefer their roots in the dark so you can cover the plastic pot with a strip of paper.