



eot smart
SHEFFIELD



Stradbroke Gardening Challenge

Can you have a go at growing your own food while at home?

You don't need to have a garden, you can plant seeds in small pots.



Use store cupboard seeds such as dried beans/peas, coriander seeds, garlic cloves and seed potatoes.



Plant cress, lettuce and radish seeds- they grow really quickly!



Take photos of what you plant and watch them grow!

Measure them as they grow and keep a record.

Don't forget to tweet your photos and eat your results!!