



# Indoor Gardening Projects

You don't need a lot of space to grow veg. As well as growing outside in your school garden, there are a great many ways to bring the growing journey indoors too. These ideas are all great ways of getting started in the classroom.



## Windowsill Salad Garden

A sunny windowsill is the perfect place to grow a 'cut and come again' salad.

### You will need:

- A wide and shallow pot (washed large yoghurt pots work well, or see the suggestions at the bottom of the page)
- Compost
- Salad seeds (basil, chard, dandelions, cress, lettuce, mizuna, mustard, pak choi, rocket, spinach, pea shoots)

1. Make sure the pot has drainage holes. If it doesn't, poke holes in the bottom.
2. Fill the pot with compost leaving about 3 cm space at the top.
3. Pat the compost down to make the surface firm and ready for your seeds.
4. Sprinkle seeds and cover with a thin layer of compost. Water and place in a sunny spot.
5. Make sure to water regularly. The soil should be slightly damp but not so wet that the soil sticks to your fingers. And water gently! You don't want to wash away your seeds.
6. Once the leaves are 10-15 cm tall, use scissors to cut off some leaves to eat. Be careful not to cut too low down. Leave 2-3 cm of leaf on the plant so that it can continue to grow.
7. Keep watering your salad pot. You will be able to cut the salad leaves around three to four times before they become bitter.



## Go Crazy with Containers

You can plant seeds in all kinds of containers: plastic cups, plastic trays that you buy fruit and veg in, an egg box, empty eggshells. You can even have a go at growing in some more unusual containers:

### Ice-cream cones

Ice-cream cones are great because once your seedling has got big enough and after the last frost of the year, you can plant the whole thing straight in the ground (the cone is biodegradable). This is really good for plants which hate their roots being disturbed such as peas and all beans.

### Egg boxes and eggshells

Fill an egg box with compost or garden soil. Sow your chosen seeds and then cover with some more compost or soil so that you can't see the seeds. Place your egg-box garden on a plate or tray to stop the water from seeping out through the cardboard. Water the seedlings and put somewhere sunny but fairly cool (not over a radiator).

In the spring, you can separate the sections of the egg box and plant them straight into the ground or a bigger pot. You can also plant single seeds in empty eggshells – peas or broad beans can be planted like this and then put straight into a bigger pot or into the ground in spring.





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## Make a Mini Greenhouse

The plastic boxes with lids you can buy grapes or plums in from supermarkets can easily be turned into mini greenhouses. Greenhouses are great for seeds that need warmth to germinate. They also help to retain moisture so there is less need for watering. These little greenhouses work well for all seeds but, in particular, tomatoes, chillies, herbs, cucumbers, salads, and microgreens.

### You will need:

- A recycled plastic box with lid, washed
- Compost
- Seeds (tomatoes, chillies, herbs etc.)

1. Use some ordinary compost or garden soil, fill the container, leaving a 5 cm gap at the top. It is a good idea to water at this point, so the seeds are not disturbed as much.
2. Sow the seeds thinly and cover with a sprinkling of compost (seeds should be covered but not buried).
3. Place on a windowsill. If the box has holes in, put a plate or tray underneath. Keep the lid closed and open every few days for 10 minutes for ventilation.
4. Your seeds should germinate in 7 to 21 days. Once the seedlings are about 1 cm tall, you can lift the lid and grow on for another couple of weeks.
5. Transplant the seedlings into pots.

