

# Free Range Play at home

## Grow your veg

A great way to learn about nature but also to get your children eating more vegetables is to grow your own. It is fascinating to watch those little seeds germinate and push through the soil, growing taller and eventually producing an abundant crop of beans, tomatoes, pumpkins or corn.



Today I have been planting

tomatoes. I didn't have pots so have recycled plastic supermarket mushroom tubs and kitchen roll inners to make little pots for my seedlings. It was good to get my hands dirty filling pots with compost and planting seeds. For now my little pots are sitting on a shelf by the window indoors as it's still to chilly outside. If you don't have any roll inners you could

make little pots from paper, newspaper or old magazines. Simply roll the paper around a bottle or jar, fold the paper underneath and squash it down. This makes fabulous little pots, just the right size to plant seeds in.



If you want quick results, grown exclusively indoors, cut and come again salad leaves, herbs and cress are great options.

Have fun and have a go if you fancy it, over the coming weeks you can watch your plants grow, water them, weed them and if you are really lucky you may even get to harvest an abundant crop.



If you don't have seeds but do have butternut squash, tomatoes, peppers or strawberries in you fridge maybe you could get the children to pick out the seeds and plant them? Some may not grow but some will, each year I grow squash and pumpkins from seeds I have saved from the year before.

