



Grow Leaves you can eat

You need:

- a large clay flowerpot
- paints and a paintbrush
- some stones
- some compost
- a fork and a trowel
- lettuce seeds
- a watering can or jug



WARNING! Only eat plants that an adult says you can eat!

1 Paint a picture on your flowerpot - how about a caterpillar?



2 Put a few stones in the bottom of the pot then add some compost so your pot is two-thirds full. Press it down then water it.



3 Use your fork to lightly scrape over the top of the compost.



4 Sprinkle on some seeds then cover them with a thin layer of compost. Put the pot outside in a sunny spot.



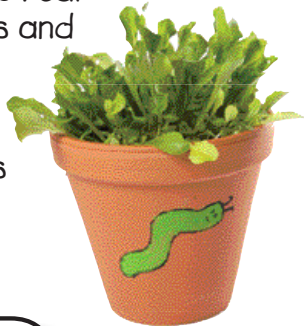
5 Water your seeds every day. You could put some netting over the top of the pot to keep real caterpillars and snails out!



6 After about a week you should see some seedlings start to grow.



7 After another week your seedlings should have grown into baby leaves.



8 After another week or two, your leaves should be ready to eat. Break them off, then wash and eat them!



Garden centres sell all kinds of plant pots. You can also use other pots you might have at home, like yoghurt pots or an old washing-up bowl or bucket - ask an adult to make some holes in the bottom for water to drain out. Clay pots are easiest to paint on though.

