

Plants from Your Kitchen



You will need:

A variety of fruits and vegetables that may contain seeds

Small pots or trays

Seed compost

Plastic bags

Plant labels



Instructions

1. Gather some fruits and vegetables that contain seeds. Examples include tomatoes, peppers, avocado, apples, pears, oranges, lemons and cherries.
2. Remove the seeds from each fruit and vegetable. Talk about where the seeds are usually found and look at the differences between them. Which are the biggest? Which are smallest?
3. Put the seeds on a piece of kitchen roll and let them dry out for a few hours.
4. Fill your pots with compost and make two or three holes in each pot of compost. Drop a seed into each hole. Keep the same type of seed in each pot, and label your pots carefully so you don't forget what's in there.
5. Water each pot so that the compost feels damp to the touch.
6. Put each pot into a clear bag and tie up the top. This makes a 'mini-greenhouse' which will help the seeds to germinate. Put the pots in a light, warm place out of direct sunlight.
7. Watch the pots carefully as the seeds start to germinate. Once the seedlings have two or three pairs of leaves, you can take the pots out of the clear plastic bags. Check the top of the compost each day and water the plant if the compost feels dry.

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8. If you look after your plants, you may be able to pot them on into bigger pots as they keep growing, and maybe even plant them outside in your garden. Remember to check whether they will survive colder weather first. If not, you will need to grow them inside.

Hints and Tips

- A 'fruit' is a plant part which contains seeds. So 'vegetables' such as peppers and tomatoes are actually fruits!
- Next time you are in the supermarket, look at the 'country of origin' label on some different fruit and vegetables. Talk about why certain fruits, such as pineapples, are not grown in European countries.
- You can also try growing dried pulses such as beans, peas and lentils.

