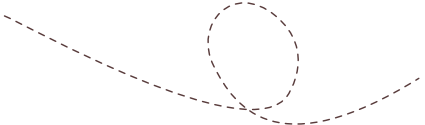



GROW YOUR OWN FOOD

**We can't change the world,
but we can change our small corner!**

**Our yoghurt pots are perfect
to get your garden started.**

**You can plant your seeds in the pots
and reuse them as seedlings grow and
are planted in the garden**

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- Clean your yoghurt pots in warm soapy water, rinse and dry.
 - You can now decorate the pots if you like.
 - Fill the pot three quarters way up with a seed compost.
 - Plant 2 – 4 seeds in each pot, then cover with some more compost.
 - Label your pot with a lolly stick or flag, so you know what you have planted in each pot.
 - Place on a sunny windowsill.
 - Water gently every few days, make sure not to over water!
 - When your seedlings are about 5cm high you can transplant them to a bigger pot, or outdoors to the garden if the soil temperature is warm enough.

