



National
**Children's
Gardening**
Week



Grow your own radishes!

**Peter Rabbit loves to eat tasty radishes from Mr. McGregor's garden!
Have you ever tried a radish?**



Follow the instructions below to grow some radishes of your own.

You will need: Radish seeds, a plant pot that is at least 20cm deep with drainage holes, multi-purpose compost, a watering can, a trowel.

Tip - Take photos as you are planting your seeds so you can remember what you did!

Instructions:

- 1. Fill your pot with compost and pat it down.**
- 2. Lightly water the compost.**
- 3. Use your finger to make small holes in the compost.
The holes should be about 1cm deep and about 5cm apart.**
- 4. Put one radish seed into each hole and cover it over with compost.**
- 5. Place your pot somewhere it will get some direct sunshine every day.**
- 6. Water your seeds regularly.**
- 7. When your seedlings are growing, if they seem too crowded, you can pick a few to give the others space. (This is called 'thinning out'.) You can eat the leaves of any seedlings you pick!**
- 8. Your radishes should be ready to pick and eat in 4-8 weeks (check the back of your seed packet as varieties differ).**





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Upcycle with Peter Rabbit

Turn an old drink carton into a plant pot!



You will need: A used drink carton rinsed with water, scissors, a tool to make drainage holes in the base of your cartons (you could use a skewer or screwdriver), multi-purpose compost, microgreen seeds such as cress.

You will need to work with an adult when using scissors and other sharp objects.!

Instructions:

- 1. Lay your carton on one side and cut a large rectangle out of the side facing up.**
- 2. Place your pot on a soft surface (such as on the grass outside or on some blue tac). Make some drainage holes by carefully pushing your screwdriver or skewer through the bottom of your pot six to eight times.**
- 3. Fill your pot with compost and gently pat it down. Water the soil lightly.**
- 4. Plant some microgreen seeds in your pot following the instructions on the seed packet.**
- 5. Place your planter on a tray next to a window.**
- 6. Water your planter regularly. Your microgreens should be ready to eat in about two weeks. Cut using scissors and enjoy in a salad or sandwich!**

Remember, when you upcycle old objects instead of throwing them away, you are helping to look after the natural world for Peter Rabbit and his friends to enjoy!

