



Welcome to G's Sowing Seeds

G's Sowing Seeds Project is an in-school growing project to teach children where food comes from and how the produce we grow can contribute to a healthy diet.

We hope you have enjoyed your time with us today, learning about what and how we grow our lovely healthy food, you have a lettuce seedling in a bio-degradable pot, below gives you more information on what to do next.

Looking after your seedling

Remember the key things that your plant needs in the early days are **Water** and **Sunlight** so pop your pot on a windowsill (but not one that gets too hot!). It needs a little bit of water each day, do not over water, you want the soil to be damp not like a swimming pool!

Planting outside

Once your plant gets a bit bigger, about 10cm it can be planted outside, if the weather is behaving and not being too cold. (If it is due to be frosty, keep plant inside a little longer)

1. Find a nice spot in your garden, either in a flowerbed or a bigger pot
2. Dig into the soil to make a hole, big enough to cover the pot and the base of your seedling.
3. Pop the seedling (and the pot can go in too) into the hole and then cover over with soil.
4. Give it a nice drink of water to settle it in.
5. Keep an eye on it, depending on the weather it may need a little more water while it is growing.

If you do not have an outside space, you can re-plant the seedling into a bigger pot and keep it inside, it will need water each day and as it gets bigger it gets thirstier.

Harvesting



Once your plant looks like this it is ready to harvest... and eat!

Ask an adult to help, use a knife to carefully cut under the bottom of the plant to separate it from the roots.

Wash and then its ready to go into a tasty salad, a sandwich or eat it on its own.

Well, done!! You are a farmer now!

Enjoy your lettuce!