



Growing your Own

In this activity we want you to enjoy growing your own plants to eat or to cheer up a place or person. Some of these activities may take a while to complete but the end results will be worth it!

Take your pick from the list of suggested ideas, which may have come from existing resources (e.g. Roundabouts / Handbooks / Badges / GFIs / Octants and other Girlguiding publications) or choose your own activity.

Remember that tools should be cleaned before they are put away, make sure you clean all the tools you use.

All Age Activities

- > Make a compost heap and use it to improve your soil
- > Plant bulbs and give them as a present
- > Take part in a horticultural show
- > Grow an unusual plant from seed
- > Grow a seed from a plant you have eaten e.g. orange pip, avocado stone, plum stone

Links/Extensions

Roundabout:

Festivals
Seasons

Badges:

Guide
Community Action



Rainbow ideas

- > Grow some potatoes and eat them
- > Grow sunflowers and see which is the tallest. In the autumn feed the birds with the sunflower seeds
- > Make a wormery to make compost
- > Grow your own tomato sauce



Links/Extensions

Roundabout:
Seasons
The World

Brownie ideas

- > Make your own watering can from a milk bottle
- > Grow sunflowers and see whose is the tallest
- > Grow a unit salad
- > From an adult learn how to grow vegetables and start your own plot
- > Make some seed bombs
- > Look for frog spawn and watch it turn into tadpoles and then grow into frogs
- > Use a sunflower seed head to feed birds



Links/Extensions

Badges:
Gardener Badge
Hobbies

Guide ideas

- > Grow some vegetables/fruit and take part in a harvest festival
- > Make a deep bed and grow vegetables to cook for your Leaders
- > Visit a farmers market and discuss with the stall holders how they grow their produce
- > Grow a pumpkin and carve your name in it. See how it grows as the pumpkin grows
- > From an adult learn how to grow vegetables and start your own plot
- > Plant a flower meadow
- > Grow some edible flowers and use them in a salad
- > Make paper pots and then sow seeds
- > With your unit grow a salad, in a flower pot, and eat it



Links/Extensions

Go For It:
I Will Survive
Green

Badges:
Hobbies



The Senior Section

The Senior Section ideas

- > Grow some vegetables/fruit and take part in a harvest festival
- > Plant a herb pot and use it to cook a meal for some guests
- > Visit a kitchen garden and see what tips you can take home
- > Visit an Apple Day event and take along some apples you have grown
- > Plant a flower meadow
- > Plant bulbs in unusual things e.g. wellies, trainers, frying pans, cups, walking boots, old footballs etc to brighten up the environment
- > Grow Basil and make your own Pesto
- > Grow an apple/pear in a bottle

Websites

How to/Activities

- > www.ecohearth.com/eco-zine/food-and-garden/334-composting-101-what-you-need-to-know-to-start-composting-now.html
- > www.my-garden-school.com/christmas-bulbs/
- > kidsinthegarden.co.uk/planting-spring-bulbs-with-your-kids/
- > www.theguardian.com/lifeandstyle/2012/dec/21/aly-fowler-old-tools (cleaning your gardening tools)
- > gardeningwithchildrenblog.co.uk/tag/growing-plants-from-pips/
- > www.tes.com/article.aspx?storycode=349990 (how to grow plants from pips)
- > how-to-grow-potatoes.co.uk/growing-potatoes-in-containers/how-to-grow-potatoes-in-containers/
- > www.gardenersnet.com/flower/giantsunflowers.htm
- > www.sunflowerguide.com/giant-sunflower.html
- > www.science-sparks.com/2013/06/17/make-your-own-wormery/
- > www.thekidsgarden.co.uk/makingawormery.html
- > www.grow-tomato-sauce.com/
- > ajourneytoadream.blogspot.co.uk/2012/03/helpful-yet-simple-diy-for-spring.html?showComment=1332868588728 (make a watering can)
- > www.botanicalinterests.com/articles/view/23/Sunflowers-Tips-for-Growing-Tall-Sunflowers
- > www.rhs.org.uk/advice/profile?PID=618 (how to grow salad leaves)
- > www.rhs.org.uk/advice/beginners-guide/vegetable-basics
- > www.guerrillagardening.org/ggseedbombs.html
- > www.instructables.com/id/How-to-Make-a-Seed-Bomb/
- > www.thekidsgarden.co.uk/how-create-frog-friendly-pond.html
- > www.gardeningknowhow.com/special/children/grow-carrot-tops.htm
- > www.instructables.com/id/How-to-Grow-Pineapples/
- > www.instructables.com/id/How-To-Grow-An-Apple-In-A-Bottle/



Information Websites

- > www.chilternseeds.co.uk/unusual-varieties (unusual seeds to grow)

Let us know what you've been up to on the **Growing Up Wild** website!