



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



#### Information Websites

- > [www.chilternseeds.co.uk/unusual-varieties](http://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!