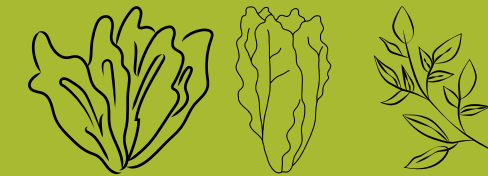




GET TO GARDENING



Window sill salads and herbs

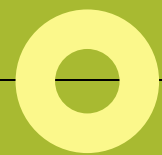


When to use this tool:

On your own, in the office, in teams during workshops. etc. Salads and herb plants are easy to grow indoors from seeds. See who can grow the best homemade salad or herbs for a team lunch!

You will need from the garden centre:

- Packs of salad, herb, vegetable or edible flower seeds
- Multi-purpose compost
- Watering can
- Plant pots or containers and saucers
- Liquid plant food
- Fleece or fabric if you're growing outside before May



INSTRUCTIONS:

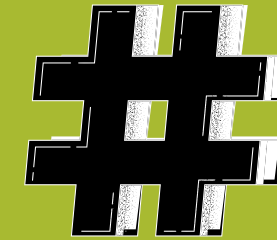
1. Fill your pots or containers with multi-purpose compost
2. Sow your seeds following the instructions on the back of the pack of seeds
3. Cover the seeds with a thin layer of compost and give them a good watering
4. Keep the compost moist and warm, and in a few weeks you should see your seeds start to sprout



5. Keep your plants in a sunny place like a window sill, or move them to a sunny space outside. Outside, protect them from cold (fleece/ fabric overnight)
6. Set a date for your office picnic, and get together to eat what you've grown
7. For extra team spirit, try awarding some prizes for best looking salad or herb, ripest tomato - whatever captures your imagination!



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EC TOOLS

Make a photo or video of your office/home gardening activity

Post it on our Economía Creativa Facebook page or/and Instagram

Use the hashtags #creativelifestyle #growyourown



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