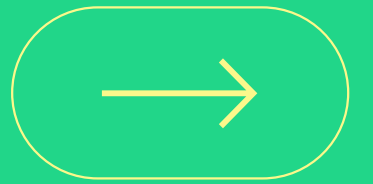
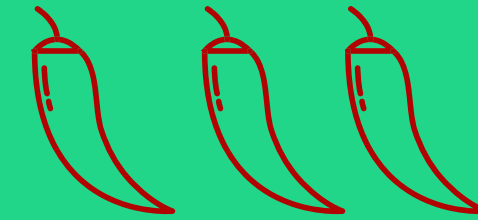




GET TO GARDENING



Chilli-off:



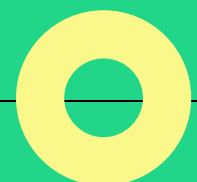
When to use this tool:

On your own, in the office, in teams during workshops. etc. Chilli plants are easy to grow indoors from seeds. See who can grow the best looking or hottest chilli in your workplace.



You will need from the garden centre:

- Pack of chilli seeds
- Plant pots and saucers
- Multi-purpose compost
- Liquid plant food



INSTRUCTIONS:

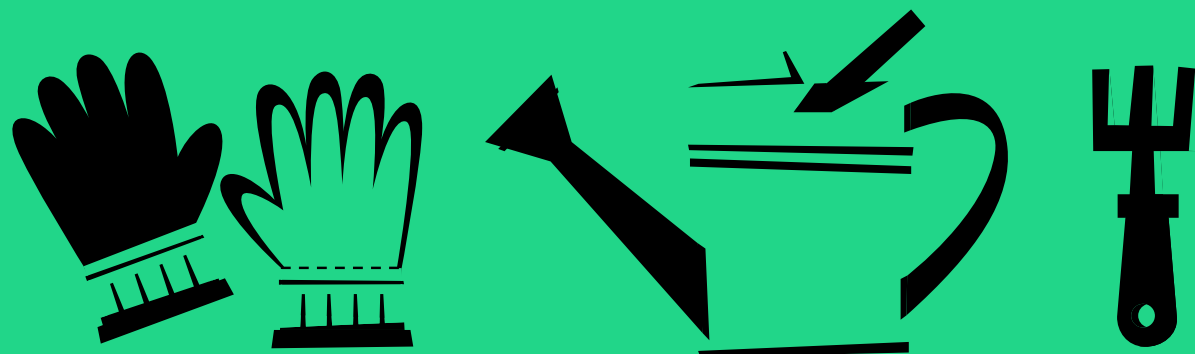


1. Fill your plant pot(s) with compost

2. Put two or three chilli seeds in the centre of the compost and sprinkle a little more compost over the seeds

3. Give your seeds a good watering

4. Keep your pot in a warm place for the next week or two, making sure the compost stays damp



5. After a week or two your seeds will sprout. When you can see which shoot is strongest, pick out the others so you have one plant in your pot

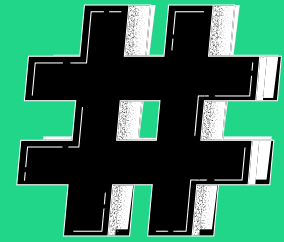
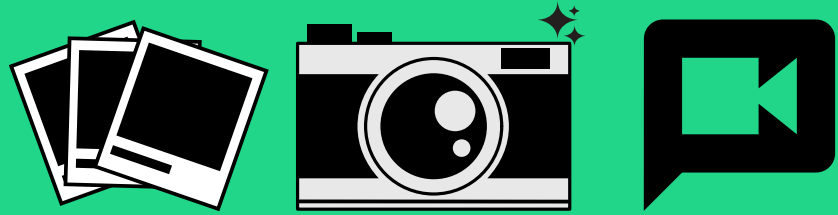
6. Keep your chilli plants in a sunny place like a window sill and water them. Give them some plant food every few weeks

7. When the chilli flowers appear, touch the flowers gently in turn with your finger or a brush. This pollinates the flowers so they produce chillies

8. Now you just need to wait for your chillies to grow.



SHARE HOW IT GOES



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

EC TOOLS



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