



Seed Balls/Seed bombs



This activity explains how to make seed balls (also known as bee bombs) which are full of wildflower seeds. The seed balls are then germinated by dropping them directly onto the ground outside or in a pot of soil on a balcony or in your garden.

Once made, scatter the seed balls from mid-March until the beginning of June (avoiding the hot summer months), or again from September until the end of October.

You will need:

Peat free seed/all-purpose compost; Air hardening clay (you can use clean, dry **clumping cat litter** instead) Wildflower seeds; Water; a medium sized tray/container/mixing bowl

METHOD

1. Put 1 small cup of compost in your tray/container/bowl
2. Break up clumps of compost with your fingers
3. Sprinkle the seeds evenly onto your compost/clay mix
4. Add a 3 cups of clay granules to your compost
5. Mix compost, seeds and clay granules together
6. Gradually pour water to the compost and clay
7. Keep mixing until you have a consistency of cookie dough/playdough
8. If mixture isn't sticking together, add a little more clay
9. Add more water if necessary to achieve consistency
10. Start rolling the mixture into balls of desired size
11. Put the seed balls aside and leave for 48-72 hours to dry
12. Scatter seed balls outdoors once dry

Stockists: Wildflower seeds can be found on Amazon and many online websites including Thompson-Morgan, Suttons, Sarah Raven, Dobies and many more. Local garden centres also often have these seeds in stock.



Microgreens



This activity focuses on indoor planting and fast growing, micro veg. The crops listed below grow well indoors on a sunny windowsill, some will grow again after cutting: *Basil; celery leaf; cress; coriander; mustard; rocket and radish*. Search for 'micro veg' or 'micro greens' online to find more varieties. **NB: make sure you buy micro veg seeds rather than 'sprouting seeds' (which are grown slightly differently).**

You will need:

1 pack of microveg

Seed compost

1 seed tray (**NB an old plastic food tray, vegetable tray or tin foil container are also perfect**)

1 spray bottle (an empty household spray bottle is fine!)

Paper towel/napkin

METHOD

- 1. Half fill your container with the compost and pat it down flat and even with your hands**
- 2. Wet the compost with a spray bottle**
- 3. Liberally sprinkle your seeds onto the compost**
- 4. Cover the seeds with a fine sprinkle of compost**
- 5. Dampen a paper towel(s) with the spray bottle**
- 6. Cover tray with a paper towel(s)**

Stockists: Microveg seeds can be found on Amazon or here are some other websites you could try

www.thegreenseedcompany.com

www.victoriananursery.co.uk

www.wildgreens.co.uk

www.seeds.suttons.co.uk

Local garden centres also often have these seeds in stock.



Herbs Pots

This activity focuses on easy-to-grow herbs which can be grown in the smallest of outdoor spaces such as patios and balconies, or on an indoor windowsill. Varieties such as thyme, sage and mint grow fast and need very little attention. Train them in pots, plastic or terracotta, and use the leaves to flavour soups, breads, crackers and sauces.



You will need:

Variety of seeds – mint, coriander, basil, sage, thyme, parsley etc

Empty seed pot (you can use an empty butter/margarine tub/ empty veg tray)

Seed compost

Watering can/plastic water bottle

Labels (you can use lolly sticks or buy seed labels online)

METHOD

- 1. Almost fill your pot with compost (make sure your pot has drainage holes)**
- 2. Liberally sprinkle the herb seeds**
- 3. Cover with a fine sprinkle of compost**
- 4. Spray with water**
- 5. Keep pots moist but do not over water**
- 6. Label your pot**
- 7. Cover with compostable plastic bag and place on a sunny windowsill**

For on-going care instructions always follow packet instructions for best results.

Stockists:

Herb seeds can be found on Amazon and most online garden sites. Local garden centres taking online orders also often have these seeds in stock.

(Worksheet written by The Green O.T. 2020) www.thegreenot.co.uk