

### Idea 1: Experiment with regrowing vegetables.

**Sometimes** vegetables stored in a cupboard start sprouting and mum or dad might throw them away. But these veg could actually be re grown!

What is more **amazing** is that you don't need the whole vegetable you can re grow just parts of the veg that you chop off before cooking!!!  
eg: the carrot top, the onion bottom, a celery heart, pineapple top, a lettuce stalk, garlic clove, a radish top etc.

*There is lots of information about this on the internet if you want to find out more.*

**Do some experiments to see what will re grow well. For best results do this activity early in your GFI so that everyone can see the results.**

#### You will need:

- Vegetables or vegetable scraps that are fresh to re grow and you will need to experiment with whether you regrow them in water first or put them straight into soil.
- Containers for growing eg... old pop bottles for water planting and pots of some kind for soil planting or bit of compost would also be good!



### Idea 2: Design and make a miniature fantasy garden in a tray or dish.

You can use living plants... little seedlings that you find in gardens, parks or wasteland (if they have roots these could carry on growing in the tray if you look after them) OR use cuttings from plants (these will only last a short while if you keep the soil moist - like cut flowers.)

Your garden could also have a pond, path, fence, mini tree, garden bench etc. It might be a garden for a little creature or character... get creative.

### Idea 3: Make Grass Ed's.

Can you develop different characters for your Grass Eds. Will you make one big one or mini ones? What types of pot will you use as a base?

#### You will need:

- A piece of old stocking and string or thread to tie it up.
- Sawdust
- Grass seed,
- Googly eyes and glue or Sharpie pens to add extra features
- Something to grow your Ed in eg. yoghurt pot or small drinks bottle that you can cut up or....



### GFI Grow

A few weeks isn't very long to grow something especially if

**you are doing this GFI in winter or you don't have outside space!**

This Go For It is just to get you INTERESTED in how things grow and it might be the beginning of a new hobby – you never know!

**IF YOU have a better idea than the ones suggested here then Go For It and give it a try.**

#### Week 1: Do some planning.

What will you grow, what do you need.

**Make lists for each week...** what can each of you bring and what does your Guider need to get for you. Remember that if you don't bring the things in that you planned to YOU will be letting your Patrol down!

You could even plant some cress seeds in some eggshells filled with wet cotton wool just to get things sprouting.

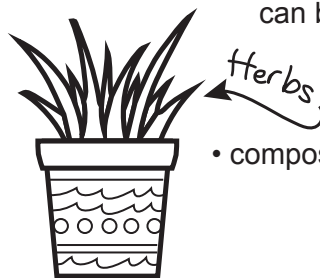
### Idea 4: Make Decorative Herb Pots

Decorate a terracotta (clay) plant pot using acrylic paints or emulsion tester pots.

Use the pots to plant a kitchen herb (which you can buy from a supermarket).

You will need:

- small terracotta pots,
- acrylic paints,
- compost, plants (mint, basil etc)
- paint brushes,
- newspaper,
- aprons or old shirts.



### Idea 5: Grow something from a seed

**indoors or outdoors** – a bean, some cress, a sunflower etc.

Think about what you will need, where your planted seed will grow the best etc.



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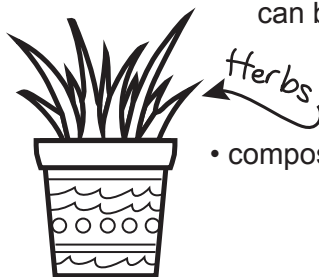
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