

LET'S GO
OUTSIDE AND
LEARN

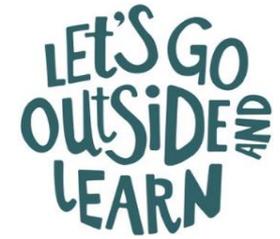


Grow a curry

www.lgoal.org

CIC Registration 9435120

Growing plants from your cupboard



Did you know you can grow plants from the seeds that you throw and from seeds in your spice cupboard?

At a time when it is difficult to get out to the garden centre, why not experiment to see what you can grow?

Look in your fridge and cupboards for inspiration. Fresh fruit and vegetables have seeds, and many of the ingredients of a curry are dried seeds. You might be surprised at what you can grow, and they will taste better because you have nurtured them.

Garlic can be grown from a clove in the garden or a pot. Like magic, 1 clove becomes a bulb if you leave it long enough. Push it down just below the soil with the pointed end upwards. If a clove already has a green shoot it is ideal to grow on. Try a piece of ginger too!

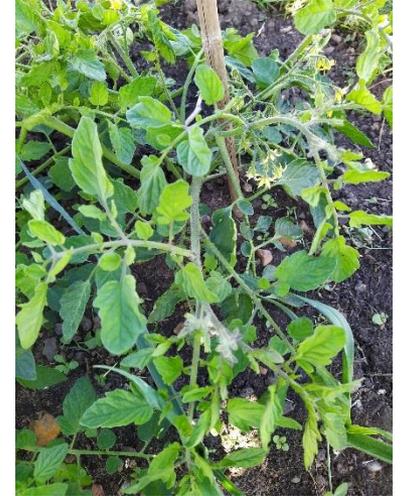
Growing from fresh vegetables

Your curry might include tomatoes, squash, aubergine, sweet peppers and chilli. Seeds can be extracted from all these plants, where normally you would throw them away or compost them.

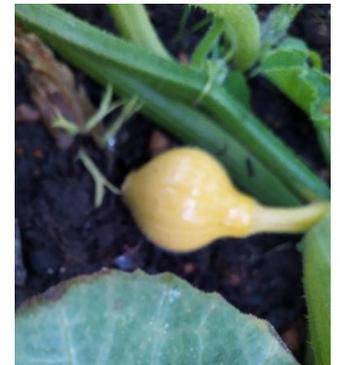
Once you have removed a few seeds place them on a dry piece of kitchen roll for a couple of days so that the seed is dry. (You could plant them fresh, but they might rot.)

Once dry, put the seeds in a small pot with soil, and remember to label them so that you know what they are. Place the pot somewhere warm and light such as a windowsill and water regularly. As they grow you could pot them on if the pot is small or they are overcrowded. If you have a garden you can pot them on, but only if there is no danger of frost.

LET'S GO
OUTSIDE AND
LEARN



Tomatoes, aubergine and squash plants grown from seed.



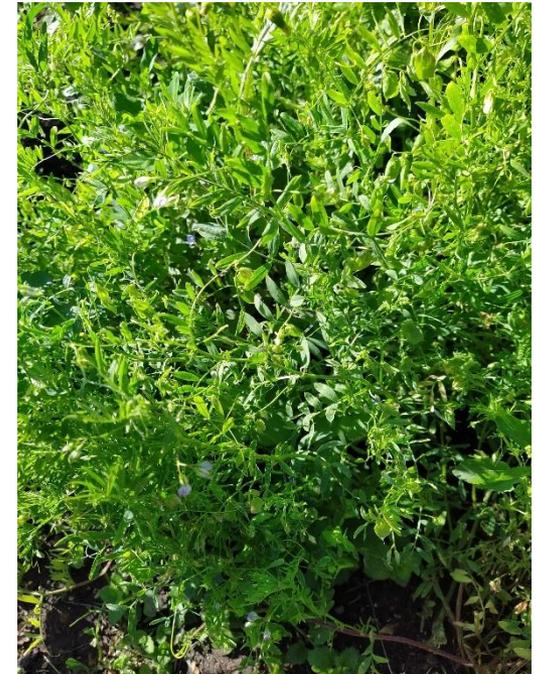
Growing from the spice cupboard

Experiments with dried spices showed variable results and might depend on how fresh they are. Soak seeds such as cumin, mustard, fennel and coriander before planting them in pots, then keep them somewhere warm. They can be cut for use just like the pots of herbs that you buy from the supermarket.

Growing fresh curry leaves from a cutting were unsuccessful. Maybe you can do better!

Other ingredients can be grown to sprout and eaten at this stage. You may have done this as a child with mustard and cress. Mustard seeds and lentils work well. Place them in a jar and keep them damp until they start to sprout. Add to sandwiches and salads.

Let us know how you get on and send us some photos we would love to hear from you.



Lentils that were once in the food cupboard were sprouted and a few grown on to plants. You can grow dried peas also grow this way too.