



41/50

HELP A PLANT GROW



Adventure no. 41 on the National Trust's list of 50 things to do before you're 11³/₄' is a challenge that'll take a bit of time. You definitely can't complete it in a day, or even two, as plants take time to grow,

WHAT DO YOU WANT TO GROW?

First of all, think about what you want to grow. Do you want something that you can eat? Or would you prefer a plant that looks interesting at different times of the year? Do you want sweet-smelling flowers or interesting seedheads?

If you don't have a garden...



Don't worry, there are lots of places you can grow plants even if you don't have a garden or outside space.

A sunny window sill is a good place to grow things. Try planting lettuce seeds in pots or trays. There are lots of colourful varieties to choose from and once big enough, you can pick off leaves and add them to a meal.

You could plant single sunflower seeds in pots on a sunny window sill, or grow an avocado plant in an old jam jar? There are lots of things to try.

You might be allowed to sow something in the cracks of an old wall. Aubretia is a beautiful purple plant that loves to live in the cracks of walls and paths, and it self-seeds very easily.

WHAT TIME OF THE YEAR?

Although spring and especially summer are often the most exciting times to watch and care for your plant, don't forget to nurture it the whole year round. Some plants and trees have wonderfully-coloured branches in the winter time - perhaps they're even more beautiful than the plant in full leaf.



EASY-TO-GROW FRUIT AND VEGGIES



We think strawberries are one of the easiest and tastiest things to grow. Or you could think about herbs like basil (which goes well with nearly every pasta or pizza dish), rosemary or thyme.

Or you could try your hand at veggies – peas or cress are fairly easy to look after, or tomatoes, carrots, potatoes, parsnips or salad leaves. The list is endless really, so it's pretty much down to you and what you fancy eating, and what time of year it is.

Remember that whatever you have chosen will take a while to grow, so you usually won't be eating it for at least a month after you've planted it.

OUR TOP TIPS



Plant seasonally - make sure you plant the right thing at the right time of year. Some plants will only grow at certain times of the year.



Make sure you've got the right equipment. You don't actually need to go out and buy loads to start growing your own produce. You can make plant pots out of newspaper, but you will need compost or soil and space to put your pots.



If you've bought seeds, then follow the instructions on the packet about the types of soil, temperatures and how deep to plant the seeds. All of that information is there to help give you the best chance of growing happy plants.



Don't forget the water. Watering your plant is very important to help it grow, so try and remember. In hotter months, you might need to water every day.



To find out more about the National Trust's '50 things to do before you're 11 ³/₄' activity programme that inspired our new collection, head over to nationaltrust.org.uk/50-things-to-do

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Check out our **NEW** collection at welovefrugi.com

