

Where to get your seed

It is possible to buy seeds for unusual plants, but it's far more fun to source your own, and learn and experiment at the same time! Here's how:

Visit your local greengrocer

- **Take a class of pupils on a shopping trip to your local greengrocer** - In multicultural areas of London, many sell fantastic fruit and vegetables from around the world that are much harder to find in supermarkets.
- **Invite your pupils' parents to come along** - to help you to learn the names of new and interesting food, and share their knowledge of international cuisine.
- **Buy some unusual fruit and vegetables and save the seeds** - Many seeds can be found in the fruit and vegetables that a greengrocer sells. For example, dudi, squashes and chillis can all be cut open and the seeds inside germinated. If you can't find fresh produce, shop bought seed such as coriander and fenugreek can be sown.
- **Experiment with growing plant material** - for example lemongrass and ginger you buy in the shop can be planted.

Talk to your parents - find out if they are growing anything unusual at home or on an allotment. Ask them to share their knowledge and any spare seeds or plants with your school.

Visit local allotments or community gardens. They may have seeds which they will donate to your school project and have the expertise to help you grow them!

Save your own seed – For full seed saving guidelines, please visit Garden Organic's seed saving section on their website: www.gardenorganic.org.uk/seed-saving-guidelines?gclid=EAIaIQobChMI5J_wnrLm1glVhLDtCh2XUAtZEAAYASAAEgJ8dPD_BwE



Coriander seed

Picture Credit: Garden Organic/SowingNewSeeds

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