

SCRAPS AND GREENS: A HOW-TO GUIDE.

WITH HAFSAH HAFEJI



ACTIVITY 1- GROWING SPRING ONIONS FROM CUTTINGS.

1. Cut an inch off the white root end of a spring onion.
2. Place the pieces with the base in water for a few days (Optional).
3. Get your container which needs to have a depth of around 10cm this gives the roots enough room to grow.
 4. Fill your container with peat-free compost.
 5. Make a few holes in the compost 1cm apart.
6. Place the roots into the holes and firm in. You want to plant them with half their length under the soil.
7. Water the soil and place the pot in a sunny area.
8. Your spring onions will be ready to harvest in approximately 2 weeks! Cut them leaving a few cm of green and they'll regrow giving you 5 harvests or more!

ACTIVITY 2- ALL ABOUT MICROGREENS.

1. Grab yourself a container (minimum depth of around 2cm) feel free to upcycle. E.g. a cheese tray! Just poke some holes into the base.
 2. Fill with peat-free compost.
3. Densely sprinkle your seeds on top. These could be Mustard, Broccoli, Peas, Beetroot and more!
4. Cover the seeds with a thin layer of soil, water and place in a sunny spot!
5. In just under 2 weeks you'll be able to harvest your first set of microgreens.

ACTIVITY 3- CUT AND COME AGAIN LEAFY GREENS.

1. Get your container which needs to have a minimum depth of approx. 5cm.
 2. Fill with peat-free compost.
3. Thinly sprinkle your salad leaf seeds ('thinly' means leave a little space between the seeds)
6. Cover with a thin layer of soil, water and place in a sunny spot!
7. Within a week they will have germinated. Pull out a few that might be growing a little too close together
4. After approximately 4-5 weeks you will have some salad leaves to harvest.
5. After cutting them off, wait another 2-3 weeks and you'll get some more! You should be able to do this 3-4 times.

TOP TIPS FROM HAFSA

1. Soil: Use peat-free compost where possible; 'coir' is a great alternative.
2. Seeds: Use seeds from the kitchen as an alternative to buying packets from shops; this is an economically and ecologically more friendly way of growing your own food!
3. Water: 'Bottom watering' (allowing a plant to absorb water by placing it in a tray of water), is generally better than 'top watering' (pouring water directly onto the soil) as it doesn't disturb the seeds and soil.
4. Harvesting your crop: When harvesting shoots e.g. pea shoots - you should pinch above the bottom two leaves of the plant so it is able to regrow from its base
5. Germination: A germination test can be done if you are unsure whether a seed will grow or not. Place the seeds on damp tissue for a couple of days. If they begin to sprout then they are OK to plant, if not, they may have expired.
6. Growing Coriander: before planting Coriander seeds, crack the outer shell of the coriander to encourage germination.