

Grow your own food

This week we have discussed ways to compost. You can use compost in your garden to grow new things, including food! In this activity you will make your own planters using recycled materials!

Suitable for ages: K-6

Curriculum links:

- Grade 1 science: needs of plants and animals
- Grade 2 science: small crawling and flying animals
- Grade 3 science: animal life cycles
- Grade 4 science: waste and our world
- Grade 4 science: plant growth and changes
- Kindergarten: environment and community awareness



Instructions

What you will need checklist:

- Recycled pot (tin can, yoghurt pot etc)
- Something to decorate your pot with (paint, tissue paper and glue etc)
- Soil
- Small plant or seed

Instructions:

1. Clean your recycled tub. Be careful if your are using a recycled tin can – the edges may be sharp!
2. Decorate your pot!
3. If your planter does not have holes in the bottom add a layer of stones to the bottom of the pot.
4. Fill with soil.
5. Plant your seed. Follow the instructions on the packet carefully – all seeds need to be planted differently! Some need to be planted deep in the soil, while others are planted with just a sprinkling of soil on top.
6. Water your plant regularly and wait for the plant to grow!



#308, 301 - 14 Street NW
Calgary, Alberta T2N 2A1
TEL: [403] 230 | 1443
www.greencalgary.org

Did you know?

Grass clippings can help your grass to grow! Leave the grass clippings on the lawn – they will quickly break down and add nutrients to the soil. This is known as grasscycling!

Share with us!

We would love to see photos of your low-waste crafts and activities at home. Feel free to tag us or hashtag #GreenCalgary in your social media posts! Find us here:

