- Plants For The Backyard -

Growing flowers and herbs can provide food for pollinating insects, like the honeybee. These insects are vital to our ecosystem, but sadly their populations are in decline. You can save the bees by planting things like sunflowers and chives!

herbs

basil

chives

rosemary

Growing plants can provide much needed habitat and shelter for all kinds of wildlife! From the tiny insects in the ground, to the birds and small mammals that feed off of them.
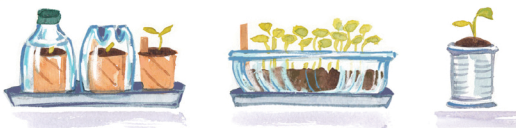
tomatoes

flowers

Plants can help fight global warming! Through a process called photosynthesis, plants can reduce air pollution by absorbing the greenhouse gas CO_2 from the air and using it to make oxygen, which is released back into the air.

strawberry

fruit & veg

marigold

raddish

peas

sunflower

nasturtium

carrot

Help reduce your Carbon footprint by growing your own food! The fruit and veggies we buy in supermarkets often involve vast amounts of energy to produce and transport- creating harmful greenhouse gases. By growing our own food, like peas and tomatoes, we can reduce these greenhouse gases!

- STEP BY STEP GUIDE -

- Start growing your seeds in small containers indoors in spring. This is the perfect excuse to recycle some household items, like toilet-paper rolls, plastic veggie-containers or even aluminium cans!
- Place seeds in soil and spray with water to keep damp.
- Cover the pots with recycled plastic bottles, cut in half, to help speed up seed germination. Remove plastic once you see the first sign of a green shoot.

- Place your seedlings by a sunny window- they will need lots of light to grow. Water the pots regularly, every time the soil appears dry.
- Once the seedlings have grown too big for their container, they are ready to go outside! You can move them into a bigger pot, a raised bed, or even straight into the soil.

Recycled paper helps reduce waste and save valuable resources, making it a more environmentally friendly option for your home printing. Why not use some to print out this activity with!

Plants For The Backyard Sources:

Crops in Tight Spots, written by Alex Mitchell. Kyle Books publishing, 2019. Photography by Sarah Cuttle.