



Seeds straight from your fridge

All ages

Investigate which seeds in your kitchen will still be able to grow. Did you know that as well as fruits and vegetables, lots of dried foods that we have in our cupboards are still able to grow?

Seeds have food stored within them to give the new seedling a head start in growing (germination). Sometimes, all these seeds need is a bit of water to wake them up and they can be then planted in some soil.



1. Dried seeds, chickpeas, kidney beans (in fact, beans of any kind) all need to be left to soak for a couple of hours – lentils may take longer.
2. Once the outer casing of the seeds has softened, ask an adult to carefully pierce the skin (unless the seed is very small) – taking care to avoid the “point” on chickpeas and the “seam” on beans as this is where the root will emerge.

While you are waiting for your seeds to be ready – you can make your own plant pot.

1. Take a sheet of newspaper and fold long ways two or three times into a long strip (about 15cm wide).
2. Place an empty jar or glass on its side on the strip of newspaper like a rolling pin.
3. Roll the strip of newspaper around the glass, ensuring that about half overhangs the opening of the jar/glass.
4. When the strip is fully rolled, push the excess into the opening of the jar/glass.
5. Remove the jar/glass and press the crumpled ends on the inside together to make a seal. You can add a small piece of masking tape to stick it together, but it shouldn't be necessary.



Once you have made your pot, you can add a small amount of soil or compost and add a few drops of water. The soil should be damp, not wet. You can then add your seeds and place in a sunny spot like a windowsill. It is best to only plant two or three seeds per pot – a different pot for each kind of seed. Below is a list of other seeds you may have in your kitchen to try. Remember, they need to be soaked first. (If the seeds have been roasted, they won't germinate.)

Mustard seeds	Poppy seeds	Star anise	Sunflower seeds (whole not hearts)
Cardamom	Nutmeg (whole not powder)	Cloves	Cumin seeds
Caraway seeds	Fenugreek seeds	Coriander seeds	Kidney beans