

TEACHER'S NOTES

Slide 1) THE MAGIC OF SEEDS - GROWING YOUR OWN FOOD IS EASY

BROUGHT TO YOU BY ECO1 BIOGAS DIGESTERS

Slide 2) YOU WILL NEED

You will need SEEDS + CONTAINER + SOIL + SUN + WATER

You can buy packets of seeds very cheaply from the market and share the cost. There are many seeds in one packet.

(Teacher can split students into groups to buy different types of seeds and share the cost and the seeds.) You can use any type of seed.

(we will talk more about seeds, soil and containers in another slide)

Slide 3) SOIL

- Picture 1 shows dead soil with no life
- Picture 2 shows a mixture of soil and vegetables
- Picture 3 shows dark compost that is healthy for your plants to grow in

Soil needs food – just like you and me. You can mix 'dead' soil with old food, animal dung, throwaway vegetables or leaves with soil in a container/ cloth bag. Or you can make a pile in the open. You can often find old vegetables or leaves for free at the market. Before mixing with the soil, it is best to chop the vegetables up into small pieces. Leave the soil until the vegetables have broken down within the soil. You should have dark soil (compost)

If you use a container, don't close it - Leave it open so the air can get to it.

NOTE: the Eco1 Biogas Digester produces excellent organic fertilizer for healthy soil

Slide 4: CONTAINERS

You can grow your plants in just about anything – just make sure your container has a hole in the bottom so that the soil can drain out if it gets too wet.

Slide 5) SEEDS

Put only one or two seeds in your container with healthy soil. The seeds only need to be about 1cm below the surface of the soil. Make sure your soil is damp – not wet.

Let one plant 'go to seed'- that means – let it keep on growing until it produces seeds. Then you shake the seeds off and save them in a dry and airy place in a container. The plant may produce hundreds of seeds – which you can plant again to grow more vegetables – which means you have free organic food - FOREVER!

NOTE 1: the large picture shows plants that have gone to seed.

NOTE 2: some of the seeds won't grow – don't be disappointed – just keep trying.

Slide 6: RAISED BED GARDENS

Raised bed gardens require no digging or machinery. They use 70% less water than growing on the ground and the soil keeps on improving because you keep on adding food waste / organic fertilizer. It is easy to make and maintain a raised bed garden. Anybody can make a raised bed garden – even on a small patch of land. You can sell the organic plants you grow and MAKE MONEY!

- 1) You can make it on ground making side walls about 20cm deep. The walls can be made from wood or brick or stone. Put a layer of cardboard on the bottom, then a layer of sand or soil on top of that – then a layer of topsoil (compost) on top of that.
- 2) Make your raised bed garden at waist height – about 70cm – you can make it from wood or cement panels.

Slide 7) BROUGHT TO YOU BY

ECO1 BIOGAS DIGESTERS <https://eco1biogasdigesters.com>

Converts animal waste and food waste into gas for cooking and fertilizer

For more information call 088 9841 451

Slide 8) Thank you

