

GROWING YOUR OWN TOMATO PLANT

Thanks to the Lyng Hall School for detailing this brilliant activity for us!



Challenge each other to grow the biggest tomato plant that you can! You will need to put on your gardening hats and show everyone who the best gardener at Heart of England Mencap really is!

You will need the following:

1. A medium sized pot (a large ice cream tub will also work)
2. Compost (garden soil will also work)
3. A ripe tomato
4. Water
5. A responsible adult

Steps:

1. Grab your medium sized pot or large ice cream tub
2. Fill the pot 3/4s with compost or garden soil
3. Get your responsible adult
4. Take a ripe tomato and ask your responsible adult to slice it
5. Place 2 of the slices next to each-other in the pot (DO NOT REMOVE THE SEEDS)
6. Cover the slices with compost until the pot is full
7. Water generously until the soil is damp
8. Carry on watering daily, making sure that the top layer does not become dry
9. Tomato plants should sprout from your pot after a week (YAY!!!)

Take pictures of your plants while they are growing and post them up!

Here is a nice video to also help you with your planting: <https://www.youtube.com/watch?v=s0w4SDj3sjs>

