

# GROW YOUR OWN

## Seeds in your cupboard

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Can't get to the hardware store or garden center to buy seeds? Take a look in your refrigerator, pantry, and spice collection and you might find some fun things to plant. There are a lot of SEEDS IN YOUR CUPBOARD!



Dry beans: garbanzo beans (aka chickpeas) and lima beans are especially easy.

Spices like whole cumin seed, coriander seed, fennel seed, celery seed, poppy seeds.

Don't forget your tea collection. Chamomile flowers contain the seeds, just crumble them into your hand.

Scoop out seeds from your tomato, pepper, butternut squash, or cucumber before you eat it.

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## MAKE YOUR OWN SEED POTS

*If you or a neighbor get the newspaper, you can make your own compostable pots in a few easy steps. The newspaper pots can later be directly planted into the ground.*

Here are directions for making pots of any size you need, using jars to help mold the paper into the right shape. Make sure folks aren't still reading the newspaper section before you make it into a pot!

(You can also [use empty toilet paper rolls to make seed cups](#) to start your seeds.)







