

# GROW YOUR OWN

## Seeds in your cupboard

---

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.

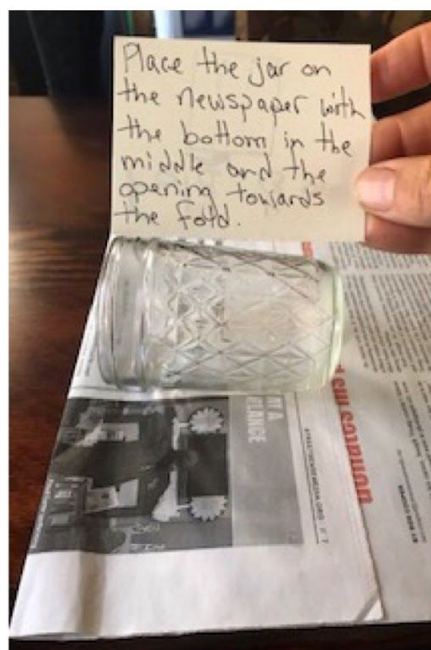
---

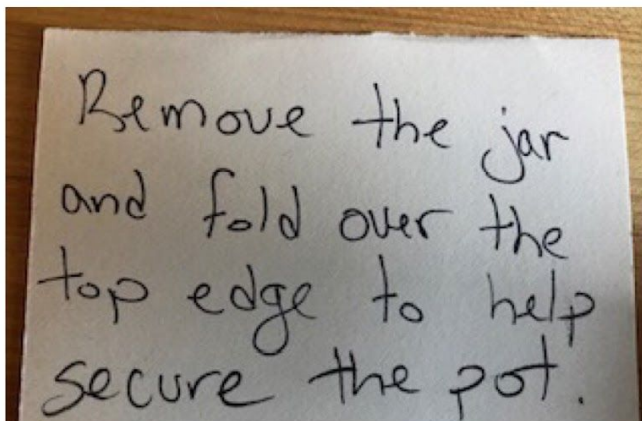
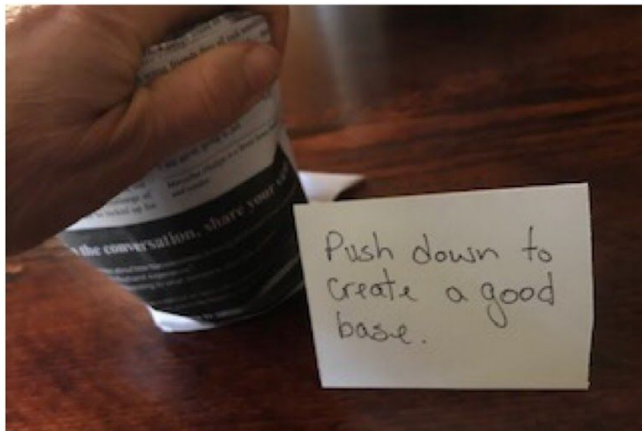
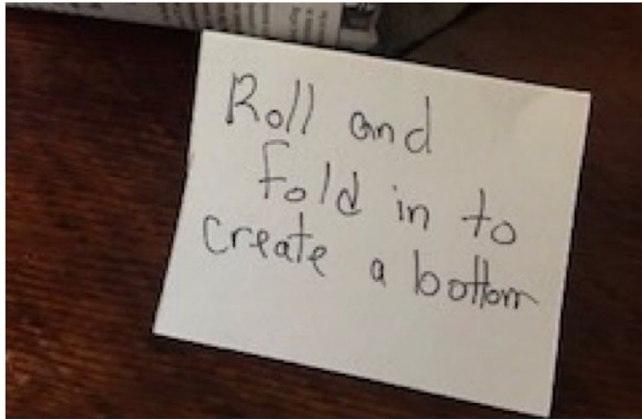
## MAKE YOUR OWN SEED POTS

*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.)





# HOW TO SAVE COMMON VEGGIE SEEDS

*It's easy to save seeds for later planting, and here's how:*



## Tomato seeds

1. Cut open your tomatoes or cucumbers and scoop out the seeds. Put the seeds (and jelly-like goop they are in) in a glass or bowl with some water. You can now eat the rest!
2. Stir the seed and water mixture each day until the seeds sink to the bottom.
3. Use a fine mesh strainer to separate the seeds from the water and spread them out to dry on paper towels.
4. Once the seeds are dry you can plant them.

## Pepper seeds

1. Remove the seeds from the pepper and eat the rest of it.
2. You can plant the seeds right away, or spread them out to dry on a clean paper towel and save for planting later.

## Peas and beans

1. Soak dry beans in cold water overnight.
2. Now they are ready to plant!