

Grow Just One Thing

Spring Challenge

BASIC EQUIPMENT CHECKLIST

KEEP IT SIMPLE

- Hand Trowel
- Gloves (optional)
- Pot or container
- Seed of choice
- Seed raising soil
- Icy pole stick or label
- Watering can (optional)



FREQUENTLY ASKED QUESTIONS:

Who is this Challenge for?

This challenge is for busy mums who would like to start to grow fresh food at home with the involvement of their children. The materials refer to Australian seasons.

I don't have a backyard can I still participate?

Yes, you can grow many vegetables and herbs in pots.

I am unsure if my garden soil is ok to plant in?

Get started with a pot or container instead

I am busy, what is the time commitment of the challenge?

You will need a few minutes each day to participate, once you have the items on the list. All activities are designed to be quick and easy to complete.

Where do I find seed?

Visit your local nursery or hardware store. Email 1 will help you choose one suited to this season.

Where do I get seed raising soil and how I choose it?

Purchase the soil when you get the seed at your nursery, or hardware store. Email 1 will help with tips to select a good quality product, or ask in the store.

How long does it take to grow?

Seed takes between 7-21 days to germinate, It depends on the variety you choose. Generally the packet will tell you.

What happens at the end of the Challenge?

With care, your plant will continue to develop, germinate

and grow to the point of harvest. Ensure you continue to follow the care guidelines.

I'd love to see your progress. You can share via #growjustonething I hope you will then decide to grow more.

