

Making your own spices

Herbs and spices are fantastic plants! They are so concentrated in taste that you only need a small amount to give flavour to your food. They grow well in pots inside or outside. If the weather conditions in your area make it difficult for you to grow plants outside, or you do not have enough outdoor space, you can grow herbs and spices in a windowsill or anywhere with adequate sunlight. You can find much more inspiration online.

- Make sure to grow your indoor plants in spots where there is sunlight during the day.
- Water your plants when the soil is dry. But be careful – some plants like to dry out for a while before getting more water.
- Plants in pots can run out of nutrition, so it is a good idea to replant them once a year. You can also feed your plants with fertilizer made from your own organic compost.

You can be sure that some plants will fail to grow. Growing plants takes a long time to learn. So in your group, you can discuss what was successful and what was not: was there too much shade, too much or too little water? By exchanging tips with one another, there is a bigger likelihood for success the next time you try.



Use empty tea cans to grow herbs.



...Or old cups you no longer use.

You can also use old cans, place them in a window or hang them on a wall. You can paint them and create your very own design.

It is a good idea to have a container for your plants with holes in the bottom for the water to drain. If there is no hole in the container, make sure not to overwater your plants.

