

GROW ideas

Garden, Recycle, go Outside, look through your Window.

Planting Runner Beans on your windowsill.

It's too early to plant runner beans outside yet, but you can start them off on a sunny windowsill **inside**.



This runner bean is growing happily **inside** my greenhouse at the moment.

Please don't put me outside yet, it still might get too cold.

You can follow the instructions below, or watch my video at <https://hbn.sch.im> or, with your parents on the HBN facebook page.

What you will need.

- A space for your beans to grow outside, eg a LARGE pot, space in a garden.
- Something for the beans to grow up, eg bamboo canes string, long strong sticks , bean netting (more about this next week).
- Runner bean seeds.
- Pots/ recycled containers (cardboard rolls are ideal)
- Compost/soil

What you need to do.

1. Sow one seed per pot, 5cm deep. Water well .
2. Grow in warm conditions of over 12°C (54°F). A greenhouse or sunny windowsill is ideal
3. **Harden off** the young bean plants gradually and plant out when the **risk of frost** has passed. (Keep an eye on the weather forecast for this, or click on the link to res website).



Recycle idea

Make a plant waterer from an empty milk carton.

What to do:

Wash a plastic milk carton and its top carefully.

Ask an adult to make **small holes** in the top. (you can make them larger if they are too small).



Test your plant waterer by filling it with water. If it doesn't put well, try making the holes a **little** larger.