



## Garden Club Activities

### Seed Collecting

**Activity time:** Open ended

**Preparation time:** 5 minutes

**Resources:** vegetables (good ones to start with are peas, beans, and radish) and flowers (for example calendula, poppy, nasturtiums) growing in your garden, a bowl, paper bags or envelopes.

If you haven't got round to harvesting your vegetables in time or have left a few to mature, you may see your plants go to seed. This is the plant completing its natural lifecycle. We eat the seeds of the pea and bean plant but if left on the plant to dry (the pods and seeds go brown), we can harvest the seeds to plant next season.

Radishes if left too long will produce a yellow flower, which will turn into a small seed pod. Let this dry out on the plant too.

The seeds of the calendula develop after the yellow petals have gone. The flower head turns brown, and the seeds are an unusual curly type, a bit like a brown nail clipping or mealworm! These easily fall off when ready.

The nasturtium seeds look a lot like white peas (without a pod). Nasturtiums flower prolifically and so there are many, many seeds to collect all season.

Poppy seeds develop in little brown pods with holes in the top. It's probably best to put the whole pod into your bowl and shake the seeds out over paper later as they are tiny.

Harvest your dry brown seeds into a bowl and put into labelled envelopes. Make sure you keep them in a dry place. You could sell, swap or gift them!

Look at the recipe for seed bombs – you could use all these flower seeds in those.

Also look at the instructions for making your own origami seed packets!

#### Health and Safety

Be careful of sharp ends of wire and sticks poking hands and fingers.

#### Rules for children

Wash your hands after working with natural materials