

# VEGPOWER

## How to grow your own veggies in class



Even if your school does not have a vegetable garden, you can grow tasty vegetables without soil using “hydroponics”!

### How to make your own hydroponic system



You will need:  
a sandwich bag  
a stapler  
a sheet of kitchen paper  
some bean seeds

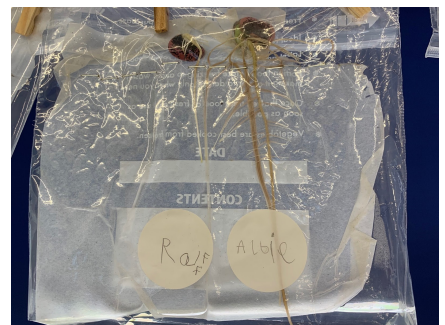
Class fact:  
In countries where they do not have fertile soil, such as areas of desert, they grow vegetables in nutrient rich liquid instead.

Place the tissue in the sandwich bag and staple 7cm from the top of the bag.

Place your seeds in the bag so they are sitting on the staples and fill the bag with 3cm of water.

Watch it grow.

When you have long roots and shoots - plant it in a pot and wait for the lovely beans to eat!



For more inspiration, head to [vegpower.org.uk](http://vegpower.org.uk) or follow us @VegPowerUK on social media!



CREATED BY  
JASON O'ROURKE, HEADTEACHER  
OF WASHINGBOROUGH  
ACADEMY, LINCOLNSHIRE.

