

Planting your shoot

Make the hole big enough to hold your shoot's roots.



Water the shoot every few days.



1. Put small stones in a plant pot with a hole in it. Fill the pot almost to the top with compost. Make a hole in the compost.

2. Lift a shoot out of the jar. Hold it upright in the pot and add compost around it. Press the compost down.

It takes about two weeks for beans and chickpeas to grow into shoots like these.

When your shoot starts to grow over the top of the jar, it's big enough to plant in soil.

You could decorate your jar using a strip of green paper and stickers from the sticker pages.

