**Something for the weekend....Action #30 Home growing from food waste and more**

Revisiting.....**Something for the weekend.....Action #8**: Grow your own naked cucumber....and more! (search in announcements to find it fast!).

Check out how the celery and nasturtiums flourished! The celery was sprouted from the base of some bought from the supermarket before the summer ...... none has been purchased since!

🌼And not only have the nasturtiums (the seeds came FREE with a kids lunchbox at a famous Swedish store) provided some beautiful flowers to enjoy outside and in; but the leaves are excellent alternative to rocket. Yes, you can eat them. Yes, they are peppery and delicious; and yes, that is 1 less lot of plastic packaging caught up in the weekly family food shop. Winning.

Did anyone else have a go? Any joy? Share with us! But there is more.....

🥑 Like avocados?

Keep those pips - grow some beautiful houseplants by sprouting them! This has taken some perseverance - but success is on the horizon! Pictured is the more advanced success of a Wastebusting friend . For a bit of guidance check out this video:

[https://www.youtube.com/watch?v=TDd\_QU9Crmk&feature=share](https://www.youtube.com/watch?v=TDd_QU9Crmk&feature=share&fbclid=IwAR1q5ZW4E3qEopQ3CV69vzevF387iIMj7mN-HaieoRwmthiXTYYKzXGjsLw)

If you fancy having a go at growing your own fruit, pop along to [King's Park Nursery](https://www.facebook.com/KingsParkNurseryBournemouth/?ref=gs&__tn__=%2CdK-R-R&eid=ARBa_SPhI21UBp5_kwaYSzSOcri24EiEJJeBcvGWBgHd9G8jVe-d8nqYTXQ_5H4MaIHfNYB-yAnxRPrU&fref=gs&dti=308664193075982&hc_location=group) and pick up some bargain blueberry plants, fig trees and strawberries.

 Or plant out some veg seeds - broad beans, French beans and peas are good to go in October. REUSE any large plastic bottles as cloches to protect seedlings from frosts as the temperature drops.

A few simple tips....over to you. Happy growing, happy Wastebusting!