Plant Power CPD Handout

* Building in the rules and expectations
* Start with short activities
* making the most of the weather
* moments to pause
* minimal resources
* Clip boards and recording pro-forma useful
* Use ipad/ digital camera
* Repetition of activities or practices
* Scavenger hunts encourage close observation
* Know your grounds!

**How to grow pea shoots**

You can grow these delicious pea shoots all year around on your window sill. Water daily and one planting will give you 2 crops. Dried peas can be bought in the supermarket, they are very cheap!

1. Put a handful of dried peas in a mug, cover with water and leave for about ½ an hour.
2. Put about 2 cm of compost in the bottom of your pot or tray.
3. Sprinkle over the peas, you need to have a thick layer.
4. Cover with about 1cm of compost. Gently pat down.
5. Water and put on a window sill.
6. Water daily, when your shoots are 8-10cm tall they are ready to crop.
7. Cut with a pair of scissors, water again and leave to grow for your second crop.  

The shoots after 5 days

 I used 2 food trays

Tips

Collect 2 similar trays. Poke a few holes for drainage in one and place the second underneath.

Make your own ‘watering can’ by putting holes in the lid of a plastic bottle. I used a nail and hammered about 5 holes. (be careful- get an adult to help you!)

Useful links for resources

Tree identification

<https://www.imperial.ac.uk/opal/surveys/treehealthsurvey/>

Including a branching key

<https://www.tes.com/resource-detail/download/6358482>



Woodland trust website has lots of useful information

<https://www.woodlandtrust.org.uk/blog/2020/03/tree-id-kids/>



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