



Planting Seeds, Growing Minds

YOUR GUIDE TO URBAN KITCHEN GARDENING



Miss-GreenGrowth

Welcome to the Urban Kitchen Gardening Workshop! This hands-on program introduces you to sustainable gardening through practical activities such as plant observation, soil testing, companion planting, and more. You'll capture your progress through photos and videos, creating memories and materials for our Social Media Workshop. Let's grow our skills in gardening and content creation together!


Miss-Collect
Packaging with a Purpose

MGG: PILLAR 1

CHAPTER 1: Plant Parts and Their Roles

Start your garden journey by discovering the main parts of plants—roots, stems, leaves, and flowers. Knowing these will help you understand how plants grow and stay healthy.



DISCOVER & DO:

Take a garden tour to identify the primary plant parts, such as roots, stems, leaves, and flowers. Take photos to see how each part supports growth, and try turning your observations into social media content.



GOALS TO GROW:

Learn the primary roles of each plant part and develop skills to create engaging social media posts.



GET HANDS-ON:

Take notes and photos of each part, focusing on its appearance, texture, and smell. Share your best pictures on WhatsApp for a chance to win a prize!



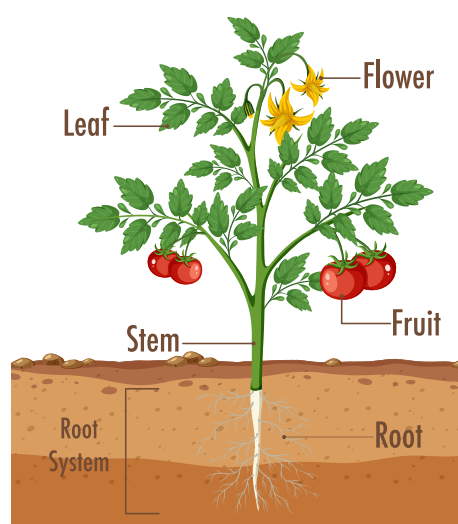
KEY TAKEAWAYS:

Be able to describe the functions of roots, stems, leaves, and flowers while building content creation skills.

GARDEN TOUR: Observe, Smell, And Explore Plant parts

On this tour, we'll explore plants through sight and smell, focusing on each essential part and how it helps plants grow.

- **Roots:** Absorb water and nutrients from the soil.
- **Stem:** Supports the plant and transports water and nutrients.
- **Leaves:** Make food for the plant through photosynthesis.
- **Flowers:** Produce seeds and fruit.



Tip: Notice how roots feel firm, providing stability, while leaves are soft yet resilient to catching sunlight.

Examples of Vegetables and Medicinal Plants

Explore common kitchen and medicinal plants to understand their unique parts and benefits.

Example 1: Aloe Vera

Aloe Vera is widely recognized for its soothing and healing properties, especially for skin and digestive health.

- **Used Part:** Gel from the inner leaves
- **Function:** Aloe Vera leaves contain a clear gel rich in vitamins, minerals, enzymes, and amino acids that nourish and hydrate the skin.
- **Medicinal Function:** Helps heal burns, moisturizes skin, and soothes digestive issues.
- **Usage Tip:** Apply fresh Aloe Vera gel directly to cuts or sunburns to relieve pain and promote healing.

Example 2: Okra (Lady's Finger)

Okra is valued for its high fiber content and mucilage, which support digestive health and have natural antibacterial properties.

- **Used Part:** Pods
- **Function:** The mucilage in okra pods is a thick, sticky substance that helps soothe the digestive tract.
- **Medicinal Function:** Aids digestion, helps control blood sugar levels, and supports immunity due to its vitamin C and antioxidants.
- **Usage Tip:** Slice fresh okra and add it to soups or stews to naturally thicken them while adding fiber and nutrients.

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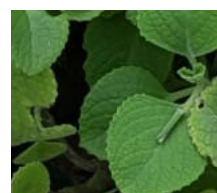
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Key Elements to Note in Your Notebook: Plant Observation Guide

Use this guide to explore each plant's parts, functions, and benefits. Document your findings and take photos to capture your observations!

-  **PLANT NAME:** Write down the name of the plant you're observing.
 -  **USED PART(S):** Note which part(s) of the plant people commonly use (e.g., leaves, stem, root).
 -  **FUNCTION:** Describe each essential part and its function (e.g., "The leaves contain essential oils" or "Roots absorb water for growth").
 -  **MEDICINAL BENEFITS OR USES:** List any health benefits or uses the plant offers.
 -  **USAGE TIP:** Jot down a practical way to use this plant daily or in a home garden (e.g., a recipe tip or gardening use).
- Remember:** Capture photos for reference and creativity in your social media posts!



Your Guide to Urban Kitchen Gardening

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CHAPTER 2: Sustainable Garden Setup and Essentials

Learn how to start a sustainable and affordable kitchen garden. This chapter covers essential materials, soil testing, seed preparation, potting techniques, and choosing the best seed-sowing methods.

DISCOVER & DO:

Collect eco-friendly materials like paper rolls, egg trays, and biodegradable pots. Test your soil, check seed health with a germination test, and try different potting and seed-sowing techniques to set up your garden.

GOALS TO GROW:

Understand how to use eco-friendly materials, recognise healthy soil, check seed viability, and learn proper potting and seed-sowing techniques.

GET HANDS-ON:

Perform a soil test, try a germination test, prepare containers, and choose a seed-sowing method. Share photos of your materials, soil test results, potting setup, and sowing methods.

KEY TAKEAWAYS:

Participants will develop skills in selecting sustainable materials, assessing soil quality, planting viable seeds, and choosing the best seed-sowing method for healthy plant growth.

Step 1: Gathering Essential Materials

Start with affordable, sustainable materials for a successful garden.

Collect Your Supplies:

- **Toilet Paper Rolls** are perfect for starting seeds. Because they naturally decompose, they can be planted directly in the ground.
- **Egg Trays:** Each compartment holds a seed, making them easy to use for seedlings.
- **Biodegradable Pots:** These reduce transplant stress and decompose naturally. Alternatives include paper cups or egg cartons.
- **DIY Grow Bags:** Use old fabric or burlap sacks for larger plants like tomatoes. Make sure to add drainage holes.




Step 2: Checking Soil quality


Good soil is essential for healthy plant growth. Here's how to test your soil's quality.

1. **Texture Test:** Grab a handful of soil, squeeze it, and observe. Good soil should form a loose ball but crumble easily.
2. **Jar Test:** Fill a clear jar halfway with soil, add water, shake it, and let it sit for a few hours. Observe the layers: Sand (bottom), Silt (middle), Clay (top).





Content Creation Ideas for Social Media

 **Creative Snapshots:** Take a photo of your soil samples in jars, showing the different layers for easy comparison.

 **Easy Walkthrough Videos:** Record a step-by-step video of the Jar Test, explaining what each layer reveals about soil quality.

Content Creation Ideas for Social Media

 **Creative Snapshots:** Watch the demo, arrange your materials creatively and snap a photo to share what you've learned.

 **Easy Walkthrough Videos:** Film a short video introducing each material from the demo, explaining why it's eco-friendly and budget-friendly.



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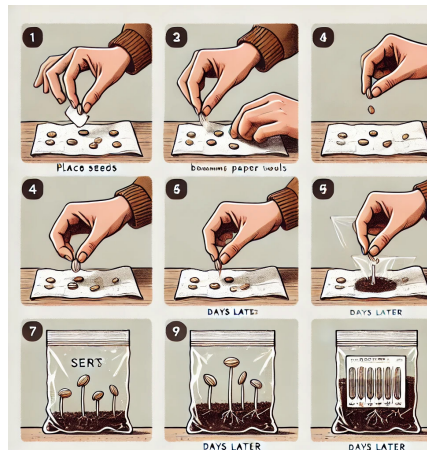
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Step 3: Conducting a Germination Test


Start with a germination test to check if your seeds are healthy.


Germination Test:

1. Place a few seeds between two damp Paper Napkins.
2. Seal the paper towels in a plastic bag, label it with the seed type and date, and place it in a warm spot.
3. Check the seeds after 4-7 days to see how many have sprouted. A high sprouting rate indicates good seed viability.



Content Creation Ideas for Social Media

 **Creative Snapshots:** Take a photo of your seeds set up for the germination test and show the sprouted seeds.


 **Easy Walkthrough Videos:** Film a video demonstrating the germination test, explaining why it's essential for selecting healthy seeds.


Step 4: Potting Techniques

Once you have viable seeds, use potting techniques to give them a good start.

1. **Mix Potting Soil:** Combine garden soil with compost, and add shredded cardboard, if available, to help retain moisture.
2. **Fill Containers:** Use biodegradable pots, toilet paper rolls, or DIY grow bags. Add the potting mix, plant seeds or seedlings, and cover lightly with soil.

Content Creation Ideas for Social Media

 **Creative Snapshots:** Snap a picture of your potting mix ingredients and containers filled with soil, ready for planting

 **Easy Walkthrough Videos:** Show the process of mixing soil and potting seeds, explaining each step's importance.



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Step 5: Seed Sowing Methods

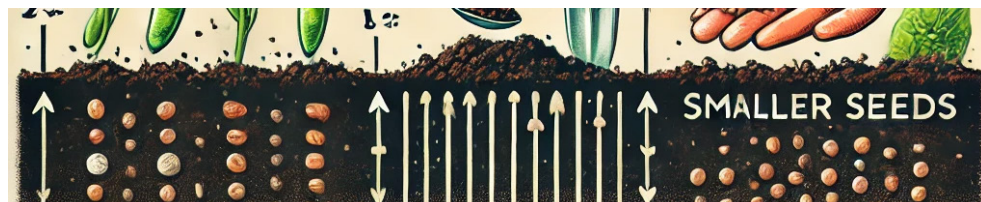
Choose the appropriate sowing method for your garden and pot setup.

- **Broadcasting:** Evenly scatter seeds over the soil and cover lightly with soil.
- **Line Sowing:** Create shallow rows in the soil, place seeds along each row, and cover with soil.
- **Dibbling:** Make small holes, place a seed in each, and cover with soil.

Content Creation Ideas for Social Media

 **Creative Snapshots:** Capture a photo showing the different seed sowing techniques in your setup.

 **Easy Walkthrough Videos:** Record a short demonstration of one seed sowing method, explaining why it's ideal for certain plants.



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CHAPTER 3: Growing, Caring for Seedlings, and Optimizing Garden Space

Master essential skills in transplanting seedlings, companion planting, natural pest control, watering, and space-saving techniques using plant racks and vertical gardening.

DISCOVER & DO:

Transplant seedlings into larger containers or the garden. Pair compatible plants for natural pest control and growth support, and create a watering schedule to keep your garden hydrated.

GOALS TO GROW:

Transplant seedlings, pair plants for pest control and growth, set up pest control, schedule watering, and use plant racks to optimize space.

GET HANDS-ON:

Transplant seedlings, plan companion layouts, make pest sprays, schedule watering, and arrange garden space. Capture photos of each step for progress.

KEY TAKEAWAYS:


Develop practical skills in seedling care, pest control, watering, and vertical gardening for a thriving garden.


Step 1: Transplanting Seedlings

When seedlings are ready, transplanting gives them room to grow.

1. **Soak Biodegradable Pots:** Soften them in water before planting.
2. **Plant in Soil:** Dig a hole that fits the pot, place it in, and fill around it with soil, leaving the top rim exposed.
3. **Watering:** Water gently around the pot to help roots settle.

Content Creation Ideas for Social Media

 **Creative Snapshots:** Capture each transplanting step to document your progress.

 **Easy Walkthrough Videos:** Record a step-by-step transplanting video, showing how to soak, plant, and water for healthy growth.

Step 2: Companion Planting Tips


Certain plants support each other's growth when planted together.


1. **Choose Companion Plant:**
 - **Tomatoes and Basil:** Basil repels pests like aphids and enhances tomato flavor.



- **Chili Peppers and Coriander:** Coriander deters pests that affect peppers, while peppers provide light shade for coriander.
 - **Aloe Vera and Lemongrass:** Aloe retains moisture beneficial for Lemongrass, while Lemongrass repels pests.
 - **Okra and Spinach:** Okra provides shade for spinach, which helps suppress weeds around okra.
2. **Bad Companions:**
 - **Potatoes and Tomatoes:** Both attract similar pests, increasing disease risk.
 - **Onions and Beans:** Onions compete with beans for nutrients, stunting growth.
 - **Mint and Chamomile:** Mint spreads quickly, overtaking chamomile, which prefers less competition..

Content Creation Ideas for Social Media

 **Creative Snapshots:** Take a picture of companion plant pairings in your garden.

 **Easy Walkthrough Videos:** Create a video explaining why certain plants pair well.



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Develop practical skills in seedling care, pest control, watering, and vertical gardening for a thriving garden.


Step 3: Vertical Gardening and Plant Racks

Maximise garden space using plant racks, trellises, and vertical gardening techniques.

1. **Trellises:** Use trellises to support climbing plants like beans and cucumbers, freeing up ground space for other plants.

Content Creation Ideas for Social Media

 **Creative Snapshots:** Capture eye-catching photos of your plants and trellises to showcase your vertical gardening setup. Highlight the creativity and beauty of your arrangements to inspire your audience.

 **Easy Walkthrough Videos:** Give a quick tour of your vertical garden, showing how each structure maximises space and supports growth.

Step 4: Natural Pest Control


Protect your garden from pests using natural, homemade solutions.


1. **Neem Oil Spray:** Mix neem oil, liquid soap, and water; spray weekly to deter pests.
2. **Garlic Spray:** Blend garlic with water, strain, and spray to repel insects.

Tip: Observe plants regularly to catch pest signs early and apply sprays as needed.



Content Creation Ideas for Social Media

 **Creative Snapshots:** Capture photos of your pest control sprays and how you apply them.

 **Easy Walkthrough Videos:** Record a video showing how to make and apply a natural pest control spray.


Step 5: Watering Techniques


Proper watering is essential for plant health and helps prevent overwatering or underwatering.

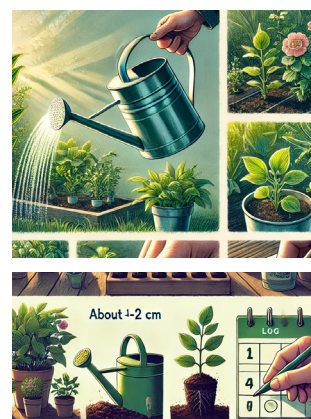
1. **Watering Rule:** Water early in the morning or late in the evening to reduce evaporation.
2. **Check Moisture:** Insert your finger 1-2 cm into the soil; if it feels dry, it's time to water.

Tip: Create a simple watering schedule and track it in your "Garden Log."

Content Creation Ideas for Social Media

 **Creative Snapshots:** Capture your watering setup or watering schedule in your notebook.

 **Easy Walkthrough Videos:** Record a video explaining how to check soil moisture for optimal watering.



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CHAPTER 4: Harvesting, Post-Harvest Care, and Seed Saving

Learn the essentials of harvesting produce at the right time, storing it properly to maintain freshness, and saving seeds to ensure future harvests. These practices help create a self-sustaining garden and preserve your favorite plants for the next season.

DISCOVER & DO:

Identify when your crops are ready for harvest, try different storage methods to keep them fresh, and learn to save seeds from regrowing your favourite plants.

GOALS TO GROW:

Master harvesting, storage, and seed-saving techniques for a lasting garden.

GET HANDS-ON:

Monitor crop readiness, practice proper storage, and save seeds for future seasons. Capture photos of your harvest, storage setups, and seed-saving process.

KEY TAKEAWAYS:

Build skills in harvesting, storage, and seed saving to maintain a continuous garden cycle.



Step 1: Harvesting & Post-Harvest Care

Harvesting at the right time keeps produce fresh and flavorful, and proper storage extends its shelf life.


1. *Signs of Readiness*


- **Tomatoes:** Harvest when fully colored and slightly soft.
- **Mint:** Pick leaves regularly to encourage new growth.
- **Coriander:** Cut stems when they reach at least 10 cm in length.

2. *Storage Tips:*

- **Leafy Greens:** Wrap in a damp cloth and store in the fridge to maintain freshness.
- **Root Vegetables:** Store in a cool, dark place to prolong shelf life.

Content Creation Ideas for Social Media

 **Creative Snapshots:** Capture your fresh harvest and storage methods.

 **Easy Walkthrough Videos:** Record your harvesting process and show how to store produce properly.


Step 2: The Magic of Seed Saving – Ensuring Future Harvests


Seed saving lets you regrow plants every season, making your garden more sustainable

and cost-effective.

1. **Choosing the Best Plants:** Pick seeds from the healthiest and strongest plants to ensure that new plants are as strong as the most nutritious and vigorous plants.
2. **Harvesting Seeds:** Seeds should be fully mature on the plant before being collected. For example, beans should dry on the vine before being harvested.
3. **Cleaning and Drying Seeds:** After collecting seeds, clean off any leftover pulp, then let them dry in an excellent, dry spot to prevent mould.
4. **Storing Seeds:** Once dry, place seeds in a paper envelope or glass jar, label them with the plant's name and date and keep them in a cool, dark place until the following season.

Content Creation Ideas for Social Media

 **Creative Snapshots:** Capture each step of the seed-saving process, from choosing plants to storing seeds.

 **Easy Walkthrough Videos:** Create a video explaining the seed-saving process and why it's valuable for a self-sustaining garden.

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The Miss-GreenGrowth Urban Kitchen Gardening Workshop is sponsored by Miss-Collect.

The Miss-GreenGrowth Workshop Guide, developed by Judith Jainullah (content and concept development) and enhanced by Carlo Bakker, Lecturer in Commercial Economics at Leiden University of Applied Sciences, ensures educational integrity. Peer review by the Miss-Collect local team in Bengaluru, India further tailors the guide to the local context.

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Workshop Wrap-Up:

Miss-GreenGrowth Urban Kitchen Gardening In the Miss-GreenGrowth Urban Kitchen Gardening Workshop, you've mastered the essentials of sustainable gardening—from soil health and plant parts to transplanting, companion planting, and natural pest control. Each hands-on activity has given you practical skills to cultivate and care for a thriving garden.

To document your journey, you worked in groups of 5:

- **Photographer:** Captured photos of each activity.
- **Videographer:** Filmed walkthroughs and highlights.
- **Storyteller:** Shared insights and narrated the journey, influencer-style.
- **Content Checker:** Ensured all moments were captured for our Social Media Workshop.

Now, with knowledge in harvesting, storing, and saving seeds, you're ready to keep your garden growing season after season. You've

gained skills to grow fresh food, support the environment, and maintain a sustainable gardening cycle. Keep exploring, growing, and sharing your knowledge to make a lasting impact!

Join the #EcoBeautyGarden Challenge!

Show off your eco-friendly gardening tip or moment for a chance to win our Eco Beauty Essentials Kit! Here's how to enter:

- **Capture:** Take a creative photo or video of your sustainable gardening project.
- **Post:** Share it in our WhatsApp group with the hashtag #EcoBeautyGarden.
- **Tag Us:** Make sure your entry is counted!

Prizes:

🏆 **First Prize:** Complete Eco Beauty Essentials Kit (natural soap, Bamboo Hair Brush, Vegan Lip Balm, Organic Face Mask)

🥈 **Second Prize:** Bamboo Hair Brush and Organic Face Mask

🥉 **Third Prize:** Vegan Lip Balm

Go Green, Capture Your Journey, And Shine Sustainably!

🌱 Good Luck, Eco Beauties! ✨

