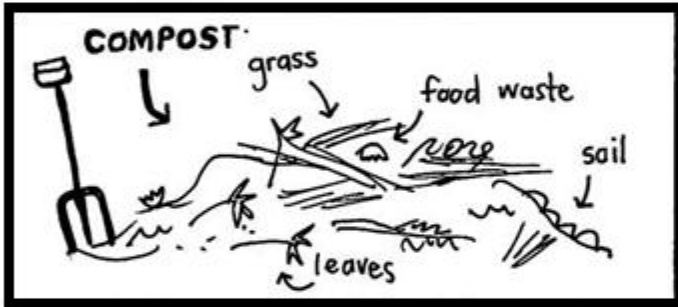


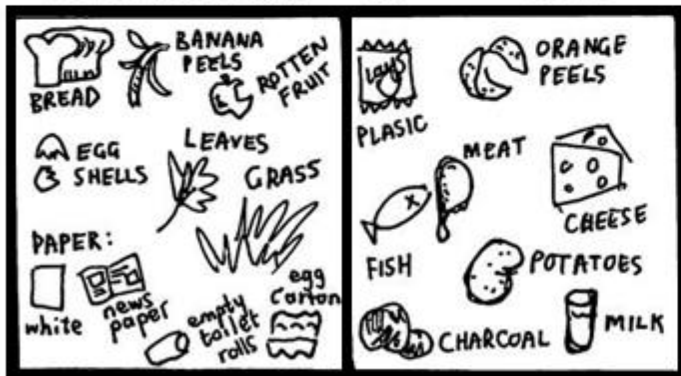
# To grow vegetables

1. Make food for your vegetables called **compost**. This is made up of grass, compostable food waste, leaves and soil.

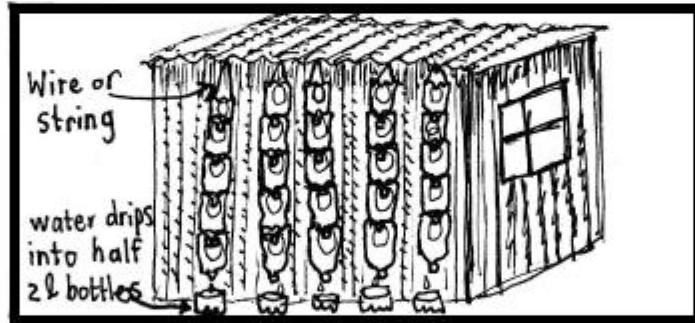
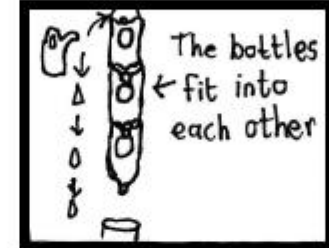
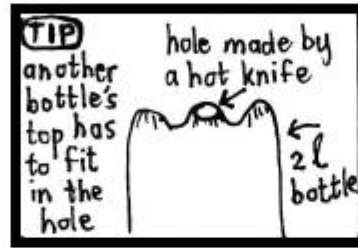
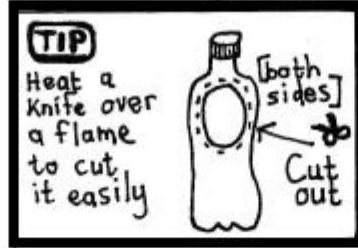
Mix 1 time each week and after 4 weeks mix 1 time each month.



✓ **COMPOSTABLE**      ✗ **NOT COMPOSTABLE**



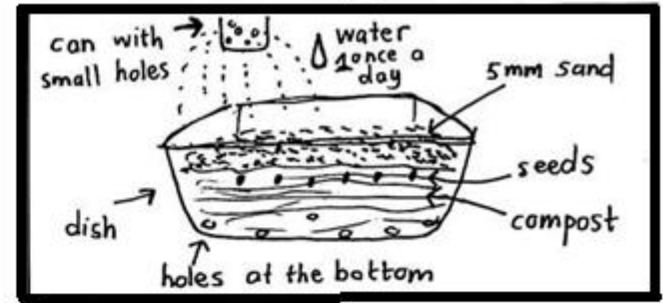
## 2. Hanging bottle farming



## 3. Growing seedlings

Take a dish and make holes on the bottom. Then fill it with compost. Put the seeds in the compost. Cover them with 5mm of sand.

Water them once a day gently (a can with lots of small holes in the bottom works well).

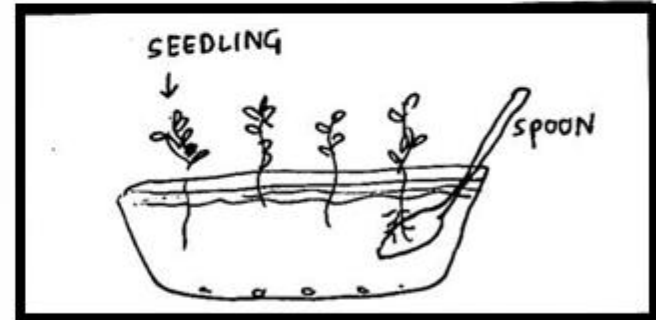


Keep your dish in a warm place (like on a window sill that gets lots of warm sun).



Before transplanting your seedlings make sure your ground has been prepared and covered mulch.

Carefully pick the seedlings with a spoon so you do not damage the roots.

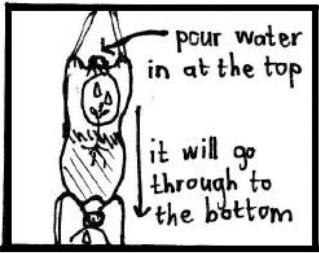
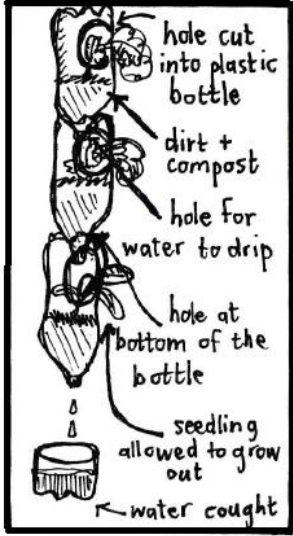
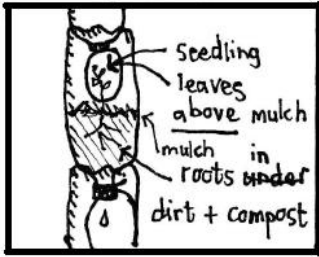


## 4. Planting the seedlings

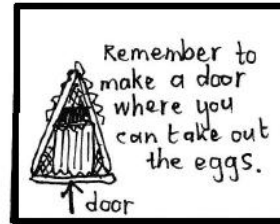
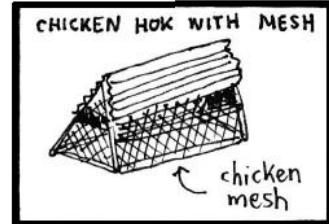
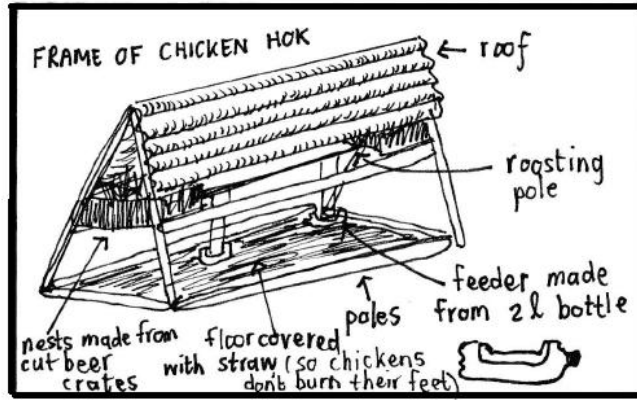
Immediately plant your seedlings in the bottles you prepared.

The roots of the seedlings should be in the dirt under the mulch and the leaves should be above the mulch.

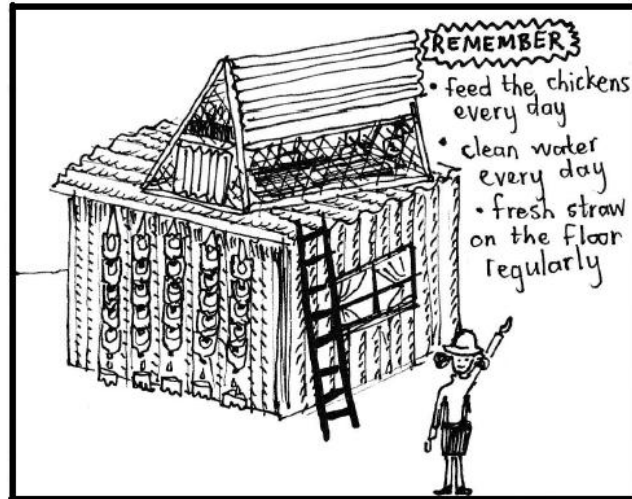
# Planting in bottles



# 6. Chicken hok on roof: PRODUCING EGGS



WHAT YOUR CHICKEN HOK WILL LOOK LIKE ON YOUR ROOF:



IF YOU HAVE ANY QUESTIONS SPEAK TO YOUR MEETING VENUE COORDINATOR

# URBAN



www.africanhoneybee.co.za

# PRODUCE YOUR OWN FOOD

You need food to have energy and try to keep healthy.

Eat 3 types of food every day: Protein, Carbohydrates and Vegetables.

# 5. Planting potatoes

Put the potatoes in a dark place (like a cupboard) until they form little white shoots. Once the potatoes have the white shoots then plant them the same way as the seedling.

