

Strawberries

Keep your seeds somewhere very cold like the freezer until you are ready to use them.

Insert the plastic liner (made from eco-friendly cellulose) into the cotton bag.

Add 4 tbsp of warm water to the liner followed by the 2 compost discs.

Allow the discs to expand in the water.

Sprinkle the seeds in the top of the bag and lightly press down.

Put the bag on a window sill with plenty of sunlight.

Keep the soil moist and wait for the plants to grow. It can take a few weeks so you'll need to be patient.

Pick the berries as soon as they are ripe.

If the plant gets too big for the cotton bag you can replant outside in a sunny spot!

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