

Lovely Lentils!



**Lentil shoots are quick
and easy to grow indoors**
The first leaves appear in a few
days & they're ready to eat in 2
weeks

- 1. Soak lentils in water overnight**
- 2. Put some holes in the base of a pot**
- 3. Put 1cm soil or kitchen roll in the pot**



**4. Put a layer of lentils on the soil
or kitchen roll**



- 5. Cover with a little soil (if using)
and water. Put on a windowsill**
- 6. Water when the soil or paper
feels dry**
- 7. Ready to eat in 2 weeks!!**



*****Re-use the growing kit or put in food waste**