



## *Kids! Make a Shoe Garden, etc.*

By Linda Bray, UC Master Gardener, for the 2014 Sustainability Fair

### **A BOOT-IFUL SHOE GARDEN**

Old sneakers, Dad's worn-out boots or even Mom's old high heels are great for recycling. With a little help, you can turn them into flowerpots. You can even plant a **WHOLE CONTAINER GARDEN** using a variety of old shoes and boots. Just be sure to ask permission to use the shoes!

#### **WHAT YOU NEED:**

- A sneaker or old shoe
- A handful of pebbles or gravel
- An old sock (optional)
- Some potting soil
- A flowering potted plant

#### **HOW TO DO IT:**

- Loosen the laces of the shoe & fill the bottom with pebbles or gravel. This will help the soil drain better.
- Loosely pack potting soil directly into the shoe. For extra fun, pack the soil into an old sock that fits inside the shoe!
- Remove the flowering plant from its pot and plant it in the top of the shoe or sock.
- Moisten the soil with a gentle stream of water.
- Finally, set your planter outside in a sunny spot and remember to water it regularly.

### **WATER-SAVING TIPS FOR KIDS**

1. Turn off the water while you brush your teeth. It will save 4 gallons every minute!
2. Take 3 minute showers instead of baths.
3. Wash your fruits and veggies in a pan of water instead of under running water.
4. Wash your pet on a lawn that needs water anyway.
5. Scrape dishes instead of rinsing them before you put them in the dishwasher.
6. Instead of throwing away ice cubes after you finish your drink, put them on a plant!

### **CARING FOR NEWLY-SEEDED NASTURTIUMS**

1. Water your pot a little every day until the seed begins to sprout.
2. Find a spot outside in softly-filtered sunlight and plant your nasturtium seedling.
3. Be sure to water regularly.
4. The leaves will tell you if you're watering enough. They will be green and not wilted. If the leaves droop, give the plant a bit more water.
5. If there is frost in the winter, you'll need to move your plant to a protected place.
6. When your nasturtium gets bigger and produces flowers, you can cut them off, wash them, and put them in salads.