

# 21 home grown

The further your food has to travel to reach your plate the more energy is used – and that means more greenhouse gases. Why not grow food right in your own backyard or in pots on your balcony? You can't be more eco-efficient than that! Tomatoes, salad greens and herbs are easy to grow and don't need much room. If you have a bigger garden you might want to try other vegetables or a fruit tree. Passionfruit and kiwifruit vines don't take up much space. Even on a balcony you can grow orange, lemon or lime trees in tubs and luscious strawberries will thrive in a special strawberry pot.



Get started on your own garden and buy some seedlings to grow in yoghurt tubs or egg cartons.

Photos: Marian Kyle

## diary of a bug

The natural world is full of wonders – from the mammoth whales in the oceans to the tiny lizards or amazing flowers in the garden. Why not choose your own observation spot and spend time there regularly to see what's happening. Just find a quiet area in the garden or a park if you don't have your own backyard. Observe the plants and creatures that live there over a long period of time. How do they change with the seasons? What birds visit?



**Silkworms** are fun to watch and learn from. Keep some in a shoebox in your room and start a diary to record what you see. (You can buy silkworms at most pet shops.)

