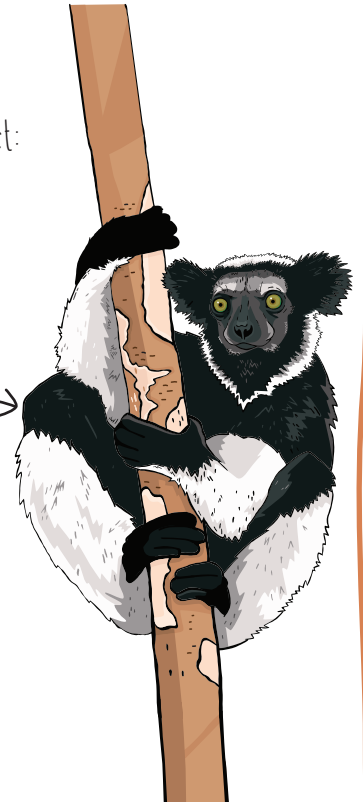


# LEARN AT CHESTER ZOO

## GROW YOUR OWN FOOD

Our partners at Madagasikara Voakajy are working on an exciting project: **Youth for Lemurs, Lemurs for Youth.**

This project aims to empower young people by teaching them valuable sustainable farming skills. The result is a network of young lemur conservationists using their skills to protect their local forest from slash and burn agriculture and help local lemur species such as indri.



**Young people taking part in Youth for Lemurs and Lemurs for Youth learn how to sustainably grow their own food. Have a go at growing your own food.**

You'll need:

Some seeds to grow an edible plant (cress is a great starter plant)

Some compost

A pot (you could use a recycled yoghurt pot)

Step by step guide:



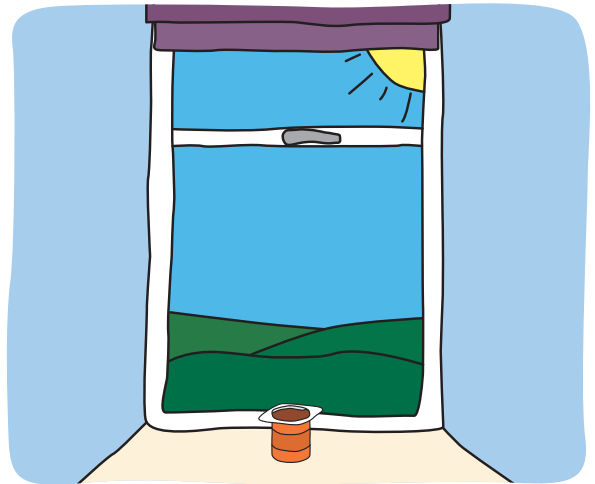
**1** Place a thick layer of compost into the bottom of your pot



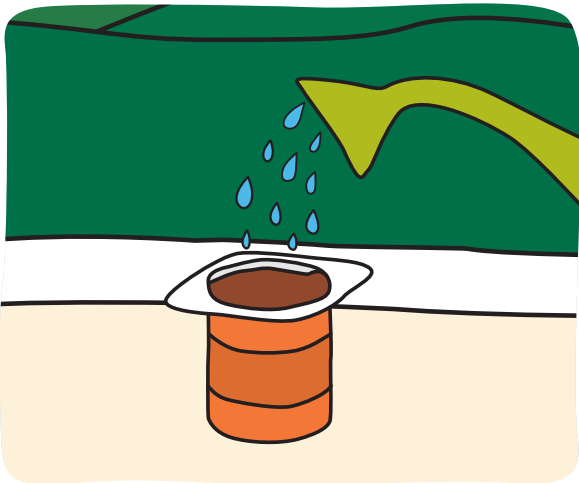
**2** Sprinkle a few cress seeds on top of the compost



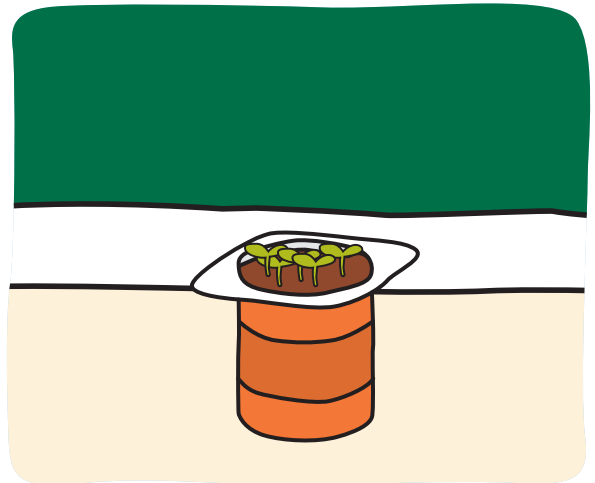
3 Cover with a thin layer of compost on top



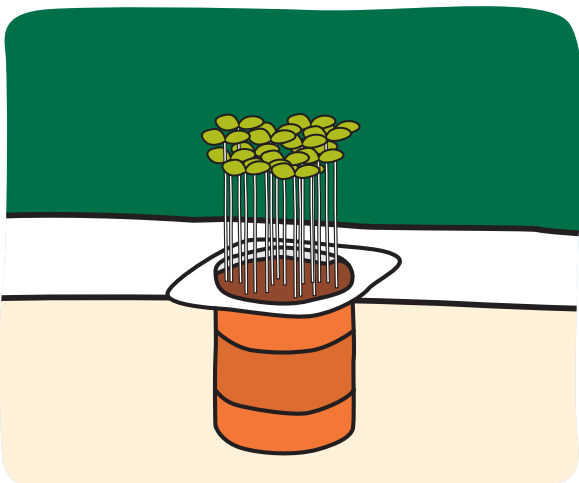
4 Place your pot in a sunny position in your house



5 Remember to water each time the soil feels dry to the touch (usually daily)



6 You should see shoots within 7 days. Watch as your plant begins to grow.



7 When your cress is about 2-3 inches tall it is ready to harvest.

Enjoy some of your **tasty cress**  
with your next meal