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My Fairy Garden Range



Belle



Andrena



Fenn

Original concept by  
Andrena Baxter



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Grow delicious microgreens  
in your Magical...



# Fairy

## Kitchen Garden




Fenn

INSTRUCTIONS



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My Fairy Garden® is a range of collectable activity kits designed to encourage an interaction with nature through play.



## WARNING!

For ages 4 years+



Not suitable for children under 36 months due to small parts that may represent a choking hazard.



If any of the accessories in this kit come into contact with foodstuffs, please wash the foodstuffs before eating.



Wash hands and tools (such as scissors) after use.

Always wash your microgreens before eating

Young children will need the help and supervision of an adult.



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## INTRODUCTION

Fairy Fenn is from marshlands, so she loves looking after plants that grow in damp conditions, such as microgreens.

She will feel completely at home looking after your kitchen garden!

You need very little space to grow fresh, tasty microgreens all year round – all you need is a sunny windowsill (in a warm spot when it is cold outside).

The pea shoots that you will grow in your Fairy Kitchen Garden are delicious and highly nutritious – they taste just like peas! You can use them in a salad, sandwich, wrap, sushi, in soup or in a stir-fry. They taste great on a pizza or burger!

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- *Windowsill Planter*
- *Fairy Figure*
- *Garden Fence with Gate*
- *Fairy House and Roof*
- *Pea Shoot Seeds*

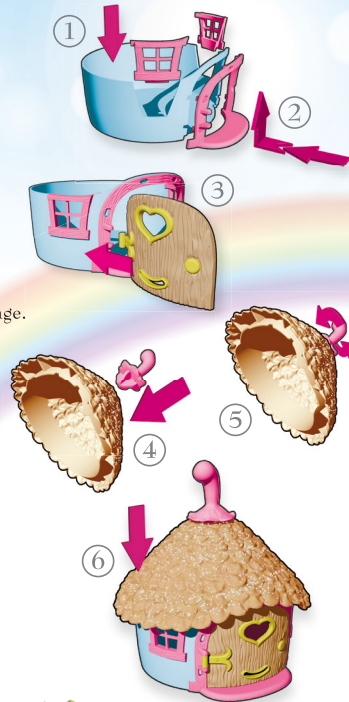
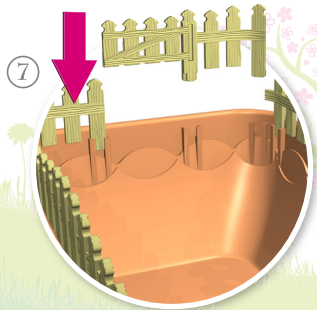




## Assembling your Fairy Kitchen Garden

- ① Slide the two windows into place.
- ② Clip the door frame into the Fairy House, slide up to locate into place.
- ③ Clip the door into the door frame hinge.
- ④ Push the stalk into the roof.
- ⑤ Rotate the stalk in the roof to lock into place.
- ⑥ Place the roof onto the house.
- ⑦ Clip the fence onto the planter.

*Your Fairy Kitchen Garden is now complete!*



## What are Microgreens?

Microgreens are the first tiny shoots that grow from edible varieties

of seeds. They contain a huge quantity of vitamins and nutrients because they concentrate into a tiny stem and leaf all the energy that the plant would normally use to grow – about 40 times more nutrients than the fully grown plant!



## Growing Microgreens in your Fairy Kitchen Garden

Take about half the pea seeds from the bag (of seeds) and place these in a glass of water. Leave them to soak for at least 6 hours, but no more than 24 hours.

Fill your planter with compost (you can get multi-purpose compost from a garden centre), or sieved soil from your garden. Pack it down a little, but not too tightly compressed. Do not use soil or compost containing chicken or cattle manure.

Water the soil (or compost) until it is nicely damp on the surface, but not waterlogged.

Place the fairy house on the soil at one end of the planter. Fairy Fenn can either sit on the fence, or kneel inside the house. She will watch over your plants as they grow!

When the peas have soaked for 6 hours, drain off the water and place them on the surface of the soil, about 2cm apart.

Gently push the peas down into the soil until they are just below the surface.

Place your Fairy Kitchen Garden in a warm, dark place until the seeds germinate. Water it daily, making sure that the surface is kept damp at all times. As soon as most of the peas have germinated, move the Fairy Kitchen Garden to a sunny windowsill. Once the pea shoots have grown to about 1cm high, you can gradually reduce the amount of water that you add, but the top of the soil should not be allowed to dry out completely. You can test by pressing your thumb into the soil – if it comes away slightly damp, the soil does not need watering, but if your thumb is dry, add water.



The peas should germinate in 1 to 14 days, depending on temperature, humidity, and the time of year. Plants grow best when they have plenty of fresh air, so give them a little free space so that the air can flow around them.

Once the pea shoots are over 10cm tall, they can be cut and eaten. Cut the pea shoot with scissors (an adult should help you do this) just above the first pair of leaves. Rinse the pea shoots under cold water to make sure that they are clean.



The pea shoots are delicious to eat by themselves (they taste just like peas!), as part of a salad, in sandwiches, on top of a pizza, or as a garnish with just about anything!

Some of the pea shoots will grow back after harvesting if you have left the bottom two leaves. When the pea shoots stop growing back, empty out the soil, and refill to grow the rest of your pea seeds.

You can get free packs of microgreen seeds to grow in your Fairy Kitchen Garden by registering on our website [myfairygarden.co.uk](http://myfairygarden.co.uk) (you will need the permission of an adult – we only charge for postage & packing). There are a selection of different varieties of microgreens, so that you can experiment with different flavours! You can also get seeds from your local garden centre. Most of the other varieties of microgreens don't need to be soaked before planting

If you need more growing space, you can move the fairy house onto the windowsill alongside the planter.

## Activity Idea... Make furniture for your Fairy

You can make tables, chairs, plates and cups for your fairy from everyday things you find around the house: We made chairs from buttons, and cups from acorn husks – what can you think of?



Chairs made from buttons and wire.



Tea cups made from acorn husks.