



More than just mud

If you've been lucky enough to get out on a really muddy walk, the chances are you've picked up a whole lot of hangers-on without knowing it. Depending on the time of year and habitat you've been walking in, the mud in your boots will be full of seeds from the plants all around you. With a little effort you can help these seeds to grow, revealing some truly hidden plant life that would otherwise have been long-forgotten!

You will need:

- a good muddy boot or two
- a plastic seed tray
- a metal tray that can go in the oven
- some potting compost

What to do:

1. Scrape the mud off your boots and mix with water to a semi-runny consistency. Leave it overnight to soak.

2. In the morning, mix your mud with some potting compost and put the whole lot in the plastic seed tray.

3. Cover the tray with clingfilm or an old sheet of glass and leave in a sunny place. Keep well watered.

4. Uncover your tray when the seedlings start to sprout. Keep watering and watch your wild-walk hidden garden grow!

