

# How to grow vegetables in a

# 2L PET BOTTLE

This is a great idea for planting vegetables, recycling, and conserving water at the same time.

## STEPS

1. Cut a 2L PET bottle approximately 1/4 the way up from the base and remove the cap.
2. Invert the top section, put some netting (a pot net is ideal) in the bottom so that it covers the inside of the neck of the bottle, and fill it with soil up to a few centimeters below the cut edge.
3. Sprinkle seeds on the soil.
4. Add another 1 cm of soil on top of the seeds.
5. Place the inverted top section of the bottle into the bottom section.
6. Water frequently (daily in hot months). The water should filter through the soil and collect in the bottom section.
7. Re-use the collected water instead of using more water.

**Hint:** If the vegetables become too crowded at the top, cut short vertical slits around the rim and bend the top edges down to give the stems more room.



**For more information, ideas or advice, please contact:**  
**Jonathon Walsh, urban farming consultant**

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