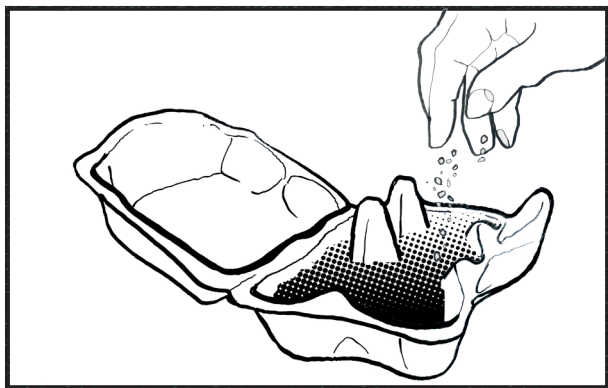


Sprinkle a pinch of seeds and tamp well down



Keep them damp on a windowsill until the plants start to grow

In the spring plant the box in a large pot or a sunny corner of the garden. The box will decompose as the plants grow.