GARDEN

A pot by the door

Choose the container after you decide what you want to clip.



The setup

Use a clean container intended for growing food, with open drainage holes and a saucer you can empty. Fill with container potting mix. A parsley or chive transplant gives a beginner an easier first week than a pot full of tiny seedlings. Check the mature size on the label before adding a second plant.

The first watering

Moisten the mix evenly. Set the transplant at its nursery depth, fill around the roots, and water until the excess escapes. Empty the saucer. Learn the weight of the pot after watering and compare it as the mix begins to dry.

A quick diagnosis

A clue	Check first	Try next
Wet surface every morning	Blocked holes or standing water	Empty the saucer; inspect drainage
Droop in a light pot	Dry mix below the surface	Water slowly and check again
Weak growth	Light, crowding, feeding history	Change one factor; record it

> **Kitchen habit**
>
> Label the pot with the herb and its first meal. Follow the fertilizer label for edible container crops. Watering and feeding needs vary with weather, pot size and mix. [5]

KITCHEN

Fresh-cut egg noodles

Serves 4 as a side • About 45 minutes including resting • Rolling pin and a sharp knife



Gather

2 cups all-purpose flour (about 240 g), plus more for rolling; ½ teaspoon fine salt; 2 large eggs; 1–3 tablespoons water as needed. To serve, use butter, black pepper and chopped parsley.

Make the dough

Mix flour and salt. Beat the eggs in a well and draw in the flour with a fork. Add water a teaspoon at a time until the loose crumbs press into a firm ball. Knead on a clean board for about 6 minutes until smoother. Cover and rest for 20 minutes. Wash hands and utensils after handling raw flour and egg.

Roll, cut and cook

Divide into four. Keep the other pieces covered. Roll each thin enough that the board pattern is faintly visible. Dust lightly, fold loosely and cut into strips about ¼ inch wide. Shake apart. Cook in gently boiling salted water, stirring to separate, about 2–5 minutes depending on thickness. Cut one open to check that the floury core has cooked through. Drain and dress while hot.

> **If the sheet springs back**
>
> Cover and rest it another 5 minutes. If ribbons stick in a mass, open each sheet and dust lightly before cutting. This original small batch takes its cultural cue from Eicher's noodle-making account. [1]

PRINTABLE WORK PAGE

The seven-evening supper map

Start with nights away, late shifts and meals already in the freezer. Assign any extra portions to a named person and meal.

Day	Time / people	Supper	Next portion
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Freezer meal confirmed and where it is stored

Ingredients to buy before the first cooking night