DIY plastic bottle herb garden

Materials used

- 2 Pint sized plastic milk bottles,
- 3cm wide wooden baton long enough to fit your window
- scissors
- craft or sharp knife
- hole puncher
- ruler
- permanent black marker pen



First give your milk bottle a thorough clean with water and remove labels.

Using the scissors, remove the top and handle of the plastic bottle. You can either do this by following the marking on your bottle by drawing out where you will cut beforehand with a marker.



Using the sharp knife and ruler, cut at 2cm from the longer side of the bottle top edge then make two vertical cuts parallel from the centre of the bottle. The cuts need to be approximately 4cm long and at 1.5cm from either side of the bottle centre (but this depends on your baton size).

Next use the black permanent marker pen to decorate and label each bottle.



Finish the slits by punching holes on the top end of the vertical cuts (this gives the bottles enough space to slide on).



Place your various herbs inside and watch your bottle herb garden flourish!

This can be done by placing potted herbs and any water will be collected in the bottom of the container.

Created by Polly Dawe- Occupational Therapist Liberty Care Ltd

