

Top Tips and Activities!

Growing your own Fruit and Vegetables!



Growing your own is a great way to introduce children to fruit and vegetables and gives them a chance to be involved in the whole process from seed to plate! It can also be a cheaper (and tastier!) alternative to buying fruit and vegetables. You don't need to have access to a big garden, greenhouse or allotment, fruit and vegetables can grow in pots outside, some even inside if outdoor space is limited. Here is what you need to do...

You will need...

- Containers e.g. plants pots, egg cartons, yoghurt pots
- Potting mix, available from garden centres
- Seeds
- Markers (so you know which seed is which!) e.g. lolly sticks
- Covers e.g. plastic bags

What to do...

- Loosen and dampen the potting mix then fill your containers 2/3 full. Tap the container to help the potting mix settle.
- Plant the seeds according to the packet instructions. Generally small seeds are sprinkled on top, larger seeds can be planted individually. Usually at least three seeds are planted in each container.
- Cover the seeds with potting mix. Check the packet as different seeds require different coverage. Typically, the smaller the seed, the less coverage needed.
- Water the seeds.
- Cover the seeds by placing the container into a plastic bag or lying plastic over the top, be sure to allow air circulation around the container and move the container to a warm, draft-free place.
- When the seedlings start to emerge, remove the plastic and place in indirect light, making sure the potting mix stays moist.
- When the leaves start to emerge, move the plant to a direct source of light and add fertiliser according to the instructions.
- When the seedling grows to about an inch tall, or more than one seedling develops, move to larger individual containers to allow the roots to develop.
- If the plants are to be grown outside, expose the seeds to the outdoors gradually, placing them in a shady spot and bringing them in if the temperature starts to drop, until they appear strong enough to be left outside.

Easy-to-grow fruits and vegetables include:

- Potatoes
- Carrots
- Courgettes and cucumbers
- Mangetout
- Spring onions
- Radishes
- Beans and peas

Fruits and vegetables which can be grown indoors include:

- Peppers
- Chilli peppers
- Cherry tomatoes
- Aubergines
- Strawberries

Growing from seeds can be tricky so for the less green-fingered, buy ready grown plants then all you have to do is re-plant, water and enjoy!