



Growing your own with...

children

Growing your own with children!

Growing your own fruit and vegetables can be a great hobby for adults and children. Its fun, educational and if your children have grown it... they might even eat it.

What you will need:

Watering can

Selected seeds

Kneeler pad

Strawberry plant

Tools

Why not try these three simple projects...

The wonder of seeds. Seeing something they can eat, grown from a tiny seed will fascinate your children. Pick something easy like salad leaves or cress as they'll grow quickly, meaning your child is less likely to get bored. Get your children to write their names in the soil with their fingers and sow the seed along the grooves for a personalised crop.

Grow it big. Why not add a bit of friendly competition by getting the whole family involved in a growing contest? Try pumpkins or marrows, as both of these can produce huge fruits if given enough care and attention - plenty of food for the whole family.

Children can also paint the pots with their own designs. Sunflowers are another great competition plant and the seed heads are a great food source for birds.

Easy care strawberries. Quick, easy and very tasty! Plant in children's old wellies - they can be painted and the fruit will hang so it can be easily picked. Don't forget to make holes for drainage in the bottom of the wellies.

TOP TIP

"To get your little ones involved outside, why not turn the garden into a big food treasure hunt"
