

Planting Activities.

Growing our own vegetables is a perfect way to encourage children to lead a healthier lifestyle. Children are more motivated to find out what food tastes like when they grow and harvest their own food, developing an understanding of how things grow.

Vegetables to grow over the Autumn and Winter months.

Onions and Shallots, Garlic, Broad Beans, Winter Cabbage, Kale, Brussel Sprouts, winter hardy variety of Spring Onion, Spinach, Pak Choi.

Plan a mini vegetable garden, it can be a small section of garden, in a grow bag, or a few garden pots.



Indoor Herb Garden.

Basil, Chives, Mint, Oregano, Parsley, Rosemary and Thyme are some of the herbs you may like to grow and are great to add to our food for flavour.

Recycle by planting in old pots, cups, tins, lemonade bottles. Drill or punch several holes to the bottom of the container to allow drainage. Wash and sanitize all recycled containers before planting. Have fun decorating the containers with paint, crayons, pretty ribbons etc.



Cressheads.

Crack your eggs, wash and dry. Add wet cotton wool balls and squeeze out the excess water. Sprinkle with cress seeds and lightly push down the seeds, place in a warm, light and sunny windowsill.

