

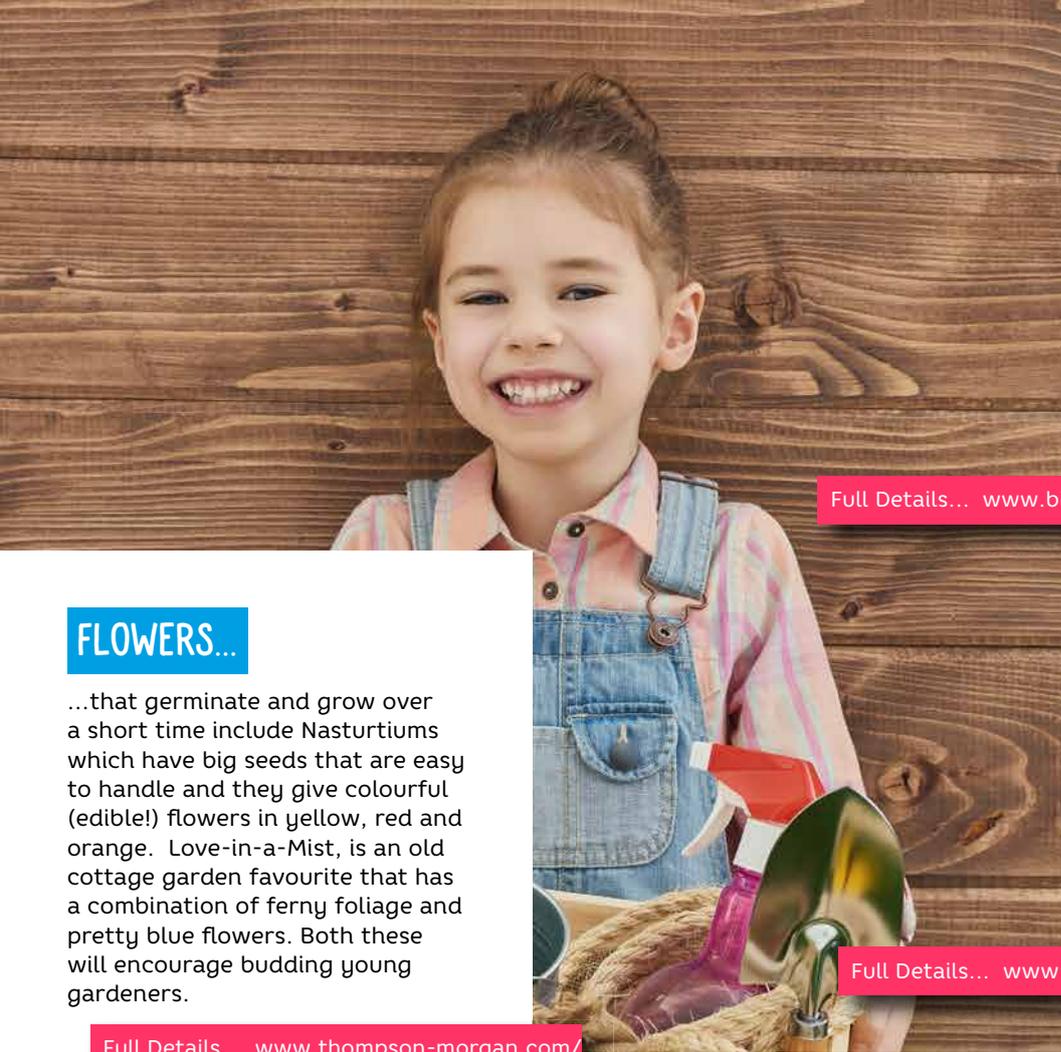
GARDENING WITH YOUR CHILDREN ACTIVITY GUIDE...

TO SUPPORT OUR RECENT BLOG "SUMMER SCHOOL HOLIDAYS"...

...we have produced this young gardener's Activity Guide. It will help you with projects relating to gardening for your children, both indoors and out. The internet has some great websites for children and under each topic area we have recommended a simple and easy to understand gardening website for you to go to for more information and help. If you want to know more you can do your own research in Google, or better still get your kids to carry out the search. This is all about a summer of fun with your children, but it's a great chance to learn about plants, the environment and a lot of other things like web searches. Have a happy summer of young gardening – and lets hope we get our next TV gardening expert from somebody we helped get started!

SOW SOME SEEDS...

It may seem a bit late in the season but there are some quick seed-to-maturity plants that can be planted outside now. You'll need your seeds, try marigolds, nasturtiums and sunflowers. Get a bit of seed compost and some yoghurt cartons or plastic bottles cut in half with a few drainage holes and leave. Once germinated transfer into suitably sized pots.



MUSTARD AND CRESS...

...are great things to grow for children as they pop up within a week. You will need some wet cotton wool or a pad capable of retaining water and placed in a container to provide the perfect growing environment for the seeds. Sprinkle them on finely and leave in a warm, light place. Use a stencil to create seedling shapes.

Full Details... www.bigeyedowl.co.uk/activities-growing.htm

FLOWERS...

...that germinate and grow over a short time include Nasturtiums which have big seeds that are easy to handle and they give colourful (edible!) flowers in yellow, red and orange. Love-in-a-Mist, is an old cottage garden favourite that has a combination of ferny foliage and pretty blue flowers. Both these will encourage budding young gardeners.

Full Details... www.thompson-morgan.com/top-10-easy-to-grow-flowers

SUCCULENTS AND CACTI...

...are great for children. They grow indoors are hardy and last for many years with little care. Challenge children's imagination by getting them to create a mini landscape. Put sand in a container and add old toys such as cars or small plastic animals to spark their imagination.

Full Details... www.wikihow.com/Grow-Cactus-Indoors

SUNFLOWER...

...are perfect for kids because they are amazed that such a massive plant and flower can come from one small seed. You could organise a local competition to see whose grows the tallest?



Full Details... www.wikihow.com/Grow-a-Sunflower-in-a-Pot

VEGETABLES...

...are great because you can see their various growth stages and then eat the results! Cut and come again lettuce is an easy one to grow and radishes are another, if you sow them now you will be harvesting them in around a month's time. Carrots are another veg that children get excited about. They're quite easy to grow from seed and the likes of "Rainbow Mix" give yellow, purple and red carrots. Another option with carrots is to cut the tops off and leave them in a saucer with some water on a windowsill, they will "magically" start to grow stems and leaves.



MAKE A TEMPORARY WORMERY...

...wearing gardening gloves, create layers of soil and sand in a large glass jar. Find some worms from your garden, put them in and add some veg peelings and old fruit at the surface. Punch a few holes in the lid for aeration and put it on. Then leave your wormery a few days (you can put more "food" in if you want) and come back to see what the worms have created. You can then reintroduce the worms to your garden as if they have been on a short holiday!

Full Details... www.thekidsgarden.co.uk/makingawormery.html

THE POACHED EGG PLANT...

...(proper name *Limnanthes*) has a bright egg yolk-coloured centre on a white background. Easy to grow, it's great for attracting "good for gardeners" insects as well.

Full Details... www.rhs.org.uk/Plants/20720/Limnanthes-douglasii/Details

PUMPKINS...

...can be grown for the next Halloween with a little cheating. Whilst its late to start sowing these now, you would normally start them off in April indoors, you can cheat by buying small germinated seedlings from your garden centre, which are ready for outdoor planting now.

Full Details... www.rhs.org.uk/advice/grow-your-own/vegetables/pumpkin

