

Grow Your Own Grub Overview



General Overview & Aims

This project involves growing four different vegetables – tomatoes, carrots, peas and spinach - that can be used to make a healthy meal. This is done over three separate sessions over the main growing season between March and July. The project is designed to finish just before the end of the summer term. The children's parents can be invited to join in the final session which involves harvesting and food-tasting activities.



The aims of the project are:

- to encourage children to be as familiar with fruit and vegetables as they are with other types of food
- for children to learn where their food comes from
- for children to learn how to grow a fruit or vegetable which they can eat as part of a meal or a snack
- to promote the five-a-day healthy eating message
- to raise awareness of the seasonal aspect of food
- for parents to be involved with these learning opportunities and to consider growing food at home with their children



feed me better

Action Plan & timescales



There will be three main practical sessions:

Session 1: To take place 4th week in April (or one week either side) and to include:

- Discussion of the project and it's aims
- Learning about the crops you will grow
- Sowing the seeds
- Care of plants until the next session

Session One Sowing Seeds



Overview

When choosing some space in the ground or a paved area to do your growing here are a few points to consider:

- Observe where the sun goes - the area will need to get some sunshine each day diagram 1a / 1b (right)
- Try and choose an open site that isn't too overshadowed by trees or tall buildings
- The vegetables/fruit will need regular watering so you will need an adequate water supply, being able to use a tap for watering cans or a hose will be enough
- Observe the wind direction, ideally the area should be a little sheltered but it is not essential diagram 2 (Below)

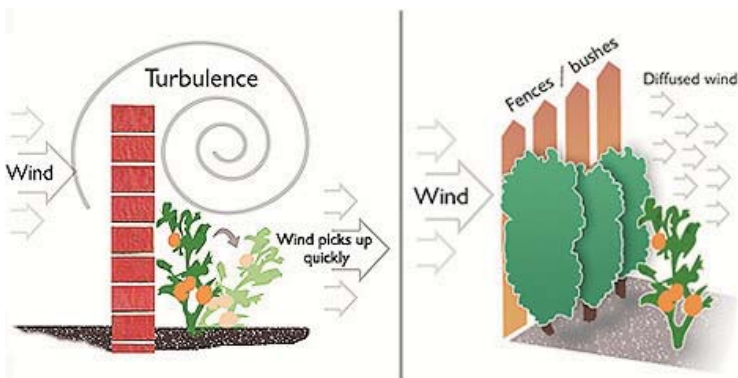


Diagram 2

- If possible don't choose an area near a busy road because of the pollution from car exhausts

At this point you will need to decide if you are going to be growing your plants in the ground or in containers. When you have decided you will need to move on to the 'Container' or 'Ground' sections of this site. In these separate sections we provide help in choosing your ideal growing space as you will need to take into consideration the growing habits of each crop. We also provide some examples of designs/ plans which you may wish to use or adapt to suit your own situation.

Continue on to either :

Container Growing or **Ground Growing**

These conditions are unsuitable for growing

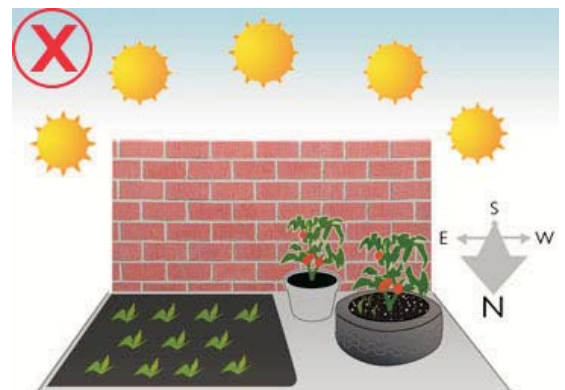


Diagram 1a - North Facing Wall = No sun

These conditions are suitable for growing

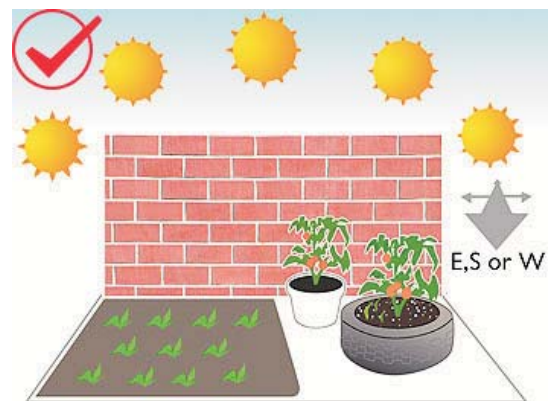


Diagram 1b - East, south or west facing wall = Some sun throughout the day



Look out for these symbols so that you can see immediately whether you are in a "Container growing" section or a "Ground growing" section