

## Locally grown vegetables

The children had an opportunity to discuss what vegetables to grow in the school garden and the allotment site. Using an area in the main kitchen that was not being used the children began to pot the seeds and learn how to care for them to start growing. The children learnt what seeds could go straight in the ground and what seeds needed to grow shoots first.



During the planned visits the children made their own allotment books where plans and vegetable characters were drawn and notes made. The children discussed and made their own safety rules for the visits which involved using gloves and hats whilst working outside. They walked to the allotment on a weekly basis and participated in a walk around the community allotment site interviewing other plot holders and discussing the best vegetables to grow as well as looking at the other plots in use.

After one month of nurturing the seeds they began to bring them to the allotment site and plant them out. Working together with other volunteers they used tools and tended to the plants.

They learnt about how much space the vegetables needed to grow and what ones needed light and shade. After weeding and watering was taken care of the children enjoyed painting and drawing some of the sights on the allotment.

The children discussed ways in which to use the vegetables grown.



The ideas were: To eat them themselves raw; Make soup; Compost them; Give them away; Enter them into Local vegetable competitions; sell them; plant them again for next year. The overall outcome was they wanted to taste them themselves!

"I can't wait to try the potatoes they are enormous" aged 8

"I want to take my leeks home to show my Dad" aged 7

"My son talks about the vegetables he is growing whenever we sit together as a family to eat tea, it has made me cook more of a variety" Parent

"It's great to see the children changing their shoes and clothes and getting dirty! Despite the extra washing!" Parent

