



**MAKE IT**

**THE  
GROWING  
SCHOOLS GARDEN**

**LEARNING OUTSIDE  
THE CLASSROOM**

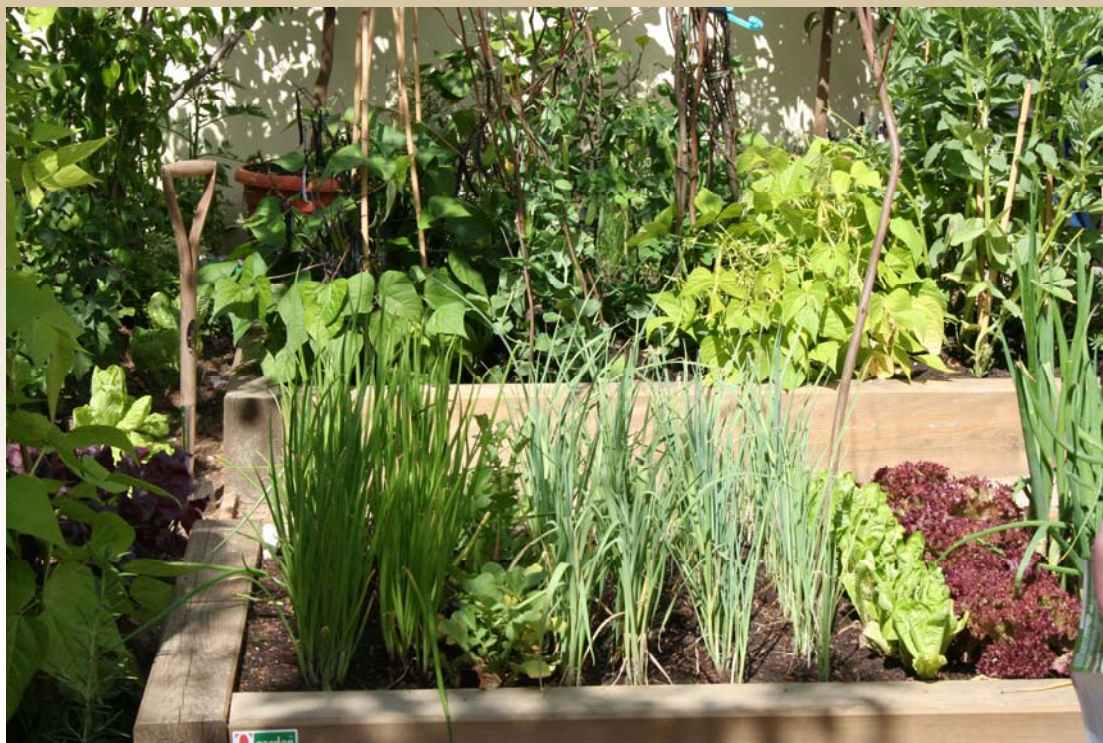
Food and Farming Zone

# Growing Seeds

department for  
**children, schools and families**

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## Growing flowers, herbs and vegetables from seed



### Description

A wide range of vegetables, with some herbs and annual flowers, to be used predominantly in the Food and Farming Zone of the garden.

### General growing instructions

- Follow sowing instructions on the packets regarding depth, compost type and germination temperatures.
- Sow the number of seeds required, but allow for re-sowing after three weeks if the first batch is causing concern.
- Use general-purpose or multi-purpose compost **sieved** for seeds, then use the same unsieved for potting on.
- Water with **tepid** water throughout growing period.
- Space the plants well at every stage to allow shoots room to develop.
- Once in their final pots, feed **weekly** with **general-purpose liquid fertiliser**.
- **One month** before the show, change the feeding regime and **water only with a tomato food**.

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## Plant-by-plant details

### Vegetables grown for their seeds or fruits

#### **Aubergine** 'Moneymaker' and 'Mohican'

- Follow general instructions, but pot on into 3-litre pots.

#### **Broad bean** 'Aquadulce Claudia' and 'Express', **Soya bean** 'Ustie'

- Follow general instructions, but sow into 9cm pots then pot on into 3 pots when large enough.
- Stake each plant and pinch out the leader of half the crop once eight levels of flowers are present.

#### **Climbing Bean** 'Borlotto Lingua di Fuoco', 'Fasold', 'Golden Teepee' and 'Purple Teepee', **Runner Bean** 'Painted Lady'

- Sow individual seeds in 9cm pots then, once roots emerge from the base, plant into 15-litre pots with three plants per pot.
- After potting on, add three 1.5m canes tied into a teepee and encourage plants to climb.

#### **Courgette** 'Defender' and 'Parador', **Marrow** 'Patty Pan Scallop'

- Sow individually into 9cm pots then, once roots emerge from the base, pot on into 10-litre pots.
- Space the pots out to provide ample space for the foliage canopy to develop, remove any flowers that emerge up to three weeks before the show then allow flowers to set fruit.

#### **Cucumber** 'Long White' and 'Burpless Tasty Green'

- Sow individually in 9cm pots then, once roots emerge, pot on into 10-litre pots.
- Add a cane and tie the plant in at every leaf joint.

#### **Pea** 'Oregon Sugar Pod' (mangetout), 'Meteor' (first early) and 'Rondo' (maincrop)

- Sow individually into 9cm pots then pot on once roots emerge from the base of the pot.
- Plant three plants per 15-litre pot, then add birch twigs for support.
- Allow plenty of space between pots, as plants will easily become intertwined.

#### **Chilli** 'Black Pearl', 'Inferno' and 'Pinocchio's Nose'

- Sow seeds thinly into a 1-litre pot using soil-based John Innes No. 3 compost. Need warm temperatures to germinate so consider indoors or cold frame
- Prick out once second full set of leaves emerges, and transplant individually into 2-litre pots.

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**Tomato** 'Ailsa Craig', 'Black Cherry', 'Ildi', 'Sungella' and 'Supersweet'.

- Sow seeds at five per 9cm pot then once true leaves emerge pot on into individual 9cm pots.
- Once roots emerge from the base pot on into individual 10-litre pots
- Stake and tie at each leaf node.
- Remove side shoots as they appear.

**Sweetcorn** 'Coquest' and 'Red Strawberry'

- Sow five seeds per 9cm pot, using well-drained compost. Germination can be sporadic.
- Transplant into individual 9cm pots. Once roots emerge pot on into individual 3-litre pots.

## Vegetables grown for their roots

**Beetroot** 'Albina Vereduna', 'Alto' and 'Burpee's Golden'

- Sow seeds direct into deep modules then, once true leaves emerge, pot on into individual 2-litre pots.
- Additional sowing should be carried out into plastic guttering. Take 1m lengths of building gutter, drill drainage holes in the base then line with a sheet of permeable landscape fabric (often called Terram). Fill with compost then sow seeds as per packet instructions.
- Complete this two months prior to show for a new row appearance.

**Carrot** 'Flyaway', 'Parmex', 'Yellowstone' and 'Purple Haze'

- As for beetroot, individual and gutter sowing

**Radish** 'Cherry Belle' and 'Rat's Tail'

- As per beetroot but transplant into 9cm pots.

**Potato** 'Cherie' (first early, salad), 'Vales Emerald' (first early, salad) and 'Mimi' (extra early, baby tubers)

- Plant five tubers in the lower third of an old 70-litre compost bag that has drainage holes pierced. Cover tubers with 20cm of compost and roll sides of bag down.
- As shoots emerge, keep topping up with 10cm layers of compost till the bag is almost full then allow foliage to emerge.

## Vegetables grown for their leaves

**Beet** 'Bull's Blood'

- As for radish but sow two months before show

**Cabbage** 'Greyhound' (summer), 'Hispi' (summer), 'Red Jewel' (summer) and 'Estoril' (savoy)

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- Sow into modules then transplant into 9cm pots and finally into 2-litre pots.
- In addition, sow spinach as per beetroot gutter technique 2 months prior to show.

## **Calabrese** 'Wok Broc' and **Cauliflower** 'All Year Round'

- As for cabbage.

## **Chinese Leaves** 'Richi'

- As for cabbage.

## **Kale** 'Walking Stick'

- As for cabbage.

## **Kohl Rabi** 'Purple Danube'

- As for cabbage.

## **Lettuce** 'All The Year Round' (butterhead), 'Chartwell' (butterhead), 'Tom Thumb' (cos), 'Multy' (looseleaf) and 'Lollo Rosso' (looseleaf)

- Sow thinly into 1-litre pots and sprinkle lightly with sand.
- Do not cover, or allow temperatures to exceed 18°C during the germination phase.
- Transplant into individual 9cm pots then, once roots emerge, pot on into individual 2-litre pots.
- Sow **every three weeks** to compensate for crops possibly running to seed.

## **Onion** 'Alpha' and 'Forum' from sets, 'Lilia' (bunching) and 'White Lisbon' (spring) from seed

- Sow seeds thinly into 9cm pots then prick out into 9cm then into 1-litre pots.
- Plant sets direct into 1-litre pots.

## **Salad Leaves: Land Cress, Mustard** 'Giant Red', **Sorrel** 'Blood-veined', **Rocket** 'Skyrocket'

- Sow as for beetroot guttering technique two months prior to show except mustard, which should be sown as per beetroot individuals.

## **Spinach** 'Scenic'

- As for cabbage.

## Herbs

## **Basil** 'Siam Queen', **Wild Rocket** and **Summer Savory** from seed **Mint, Mixed Herbs** and **Thyme** from plantlets

- Sow or plant into 9cm pots then transplant into 2-litre pots.

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## Annual Flowers

**Amaranthus** 'Marvel Bronze', **Calendula** 'Art Shades Mix' and 'Citrus Cocktail', **Centaurea** 'Dairy Maid', **Cerithe major purpurescens**, **Cleome** 'Helen Campbell', **Cobea scandens**, **Cornflower** 'Black Ball', **Cosmos** 'Sonata Mix', **Eschscholzia** 'Summer Sorbet', **Helichrysum** 'Bright Bikini', **Impatiens** 'Bedding Supreme', **Ipomoea** 'Heavenly Blue', **Laurentia** 'Avant Garde Blue', **Lavatera** 'Silver Cup', 'Twins Cool White' and 'Twins Hot Pink', **Limnanthes** 'Spanish Omlette', **Marigold** 'Mr Majestic' and 'Simba', **Nasturtium** 'Princess of India' and 'St Clements', **Nicotiana** 'Deep Purple', **N. langsdorfii**, **N. sylvestris**, **Ratibidia** 'Red Midget', **Sweet pea** 'Fragrantissima'

- Sow thinly into 1-litre pots, then prick out into individual 9cm pots before moving to 2-litre pots once roots emerge.

**Sunflower** 'Claret', 'Key Lime Pie' and 'Russian Giant'

- Sow direct into individual 9cm pots, then transplant into 10-litre pots with canes.

## Contributing schools

### **Falconer's Hill Infant School, Northamptonshire**

We grew vegetables for the show. Every class was responsible for a different vegetable. Our children are regularly involved in growing things in our school garden and we often use what we grow to cook with. We have a children's kitchen and we cook autumn soup from the pumpkins we grow and bake carrot cake with the carrots. In this way our children can see that their food does not come just from the freezers at Tesco's!



*'We planted some carrot seeds. They were really tiny and stuck to my fingers. Our class had to look after them and make sure they had water. That was easy because it kept on raining! I like eating raw carrots- they are good for your teeth.'* Sam, aged 5.

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## Costessey High School, Norfolk

We grew parsley, summer savory, basil, cornflower 'Black Ball', *Limnanthes* 'Spanish Omelette', marigold 'Mr Majestic' and *Centaurea* 'Dairy Maid'.

We had created a nursery area attached to the Wildlife Garden, to propagate wildlife-friendly plants so that we could offer free plants to other schools starting out in grounds development. Creation of our nursery involved making five, long, four-foot-wide raised beds (about 35 metres in total length). This was made possible by the generosity of local organisations, such as the Broads Authority and BTCV, and local companies who offered free materials such as soil and recycled compost, and free transport.

When we learned of the number of flower pots, compost and marketing trays we would need to propagate the required number of plants for the show, we were once again supported by local companies, such as Hockering Nurseries and Taverham Nursery Centre and, as a result, we did not need to purchase any pots or trays, only compost.

A small group of pupils – our 'Grounds Force' team - had participated in a Science Festival run by the SAW Trust during March and had experienced their first lessons in seed sowing and pricking out during the Outside Science activity. They expressed an interest in learning more about gardening and helped throughout the whole process of growing these plants. Without their willing hands we could not possibly have achieved the necessary target. As a result, by May half-term holiday, all our seedlings had been potted on 2-litre pots and were ready to place out on membrane on the nursery beds.



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Oak Grove College, West Sussex



St John's C of E Primary School, Kent





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Portway Junior School, Hampshire



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## In the Growing Schools Garden

