

Plant Vegetables

Background Info and Fun Facts

- Growing your own vegetables tastes better than shop produce, gets pupils outside and helps garden pollinators.
- Pupils who grow their own vegetables are also more likely to eat them and like their taste. The earlier they start the better.
- This activity is also the most practical way for pupils to understand where their food comes from and appreciate all the work that goes into something they may take for granted.
- A school garden is not necessary for this lesson. Plants can be germinated inside and pupils can then take them home with them to plant on. However, if you have a school garden, all these vegetables can be harvested before the end of June.



Curriculum Links

| Subject | Strand | Strand Unit |
|---------|---------------|-------------|
| Science | Living things | Plant life |
| SPHE | | |

Broad Beans

General - Beans are hardy and can withstand light frost. They crop from June on.

Preparation – Sow in coffee cups with compost at the end of February or in March.

Maintenance – Plant out from end of March with a stake. Pick at the end of June or send pots home. Some people can be allergic to beans.



Peas

General – Grow mange tout (sugar snap) variety as the children can pick straight from the plant.

Preparation – Sow in coffee cups and compost in March.

Maintenance – Plant out in April with netting or sticks beside them. You can eat the leaves and peas!



Beetroot

General – Easy to grow and not troubled by creatures. Boltardy is a good variety.

Preparation – Sow in cups or toilet roll holders in March.

Maintenance – Plant out seeds to about 5 to 10 cm apart. Water well. Pick in late June. The leaves can also be cooked or served raw in salads.



Lettuce

General – Lettuce are mighty in the garden. They are easy to sow and crop quickly, meaning that all your class can take one home.

Preparation – Sow in cups or seed tray. Don't sow directly in the soil.

Maintenance – Mind the slugs. Cut leaves or pull when the head has matured.



Web Links

- Find a range of vegetable growing videos on giy.ie/get-growing/video-tutorials.html www.quickcrop.ie and www.schoolearthed.ie