



Growing Together School Garden Resource Pack



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gymru'n wales
daclus tidy

Growing Together support package for schools

Here at Keep Wales Tidy, we want to ensure school garden projects keep growing long after the initial excitement and burst of activities that first created them. So, we have put together this handy guide, packed full of advice, links and videos. We hope this helps you make the most of your garden for years to come.

Curriculum links – Statements of What Matters

With the development of the new Curriculum for Wales, we have identified how schools can incorporate outdoor learning into their timetables. Food growing projects can easily fit in to the six curriculum areas of learning and experience, here's how:

- **Expressive arts** – physical exercise, creativity
- **Health and well-being** – physical and mental health, social wellbeing, positive social influences
- **Humanities** – supporting learners to become ethical, informed citizens; experience of the natural world; encourage enquiry and exploration
- **Language, literacy and communication** – expanding language understanding of the natural world. Use outdoor settings to spark literary imagination
- **Mathematics and numeracy** – practical application of maths and numeracy e.g. working out how many seeds to plant in a specific area; quantifying phenomena in the physical world
- **Science and technology** – physical application of science (especially. biology), encourages curiosity and searching for answers to understanding and predicting phenomena.

School gardening resources

We have done some digging and found some great gardening resources designed just for schools:

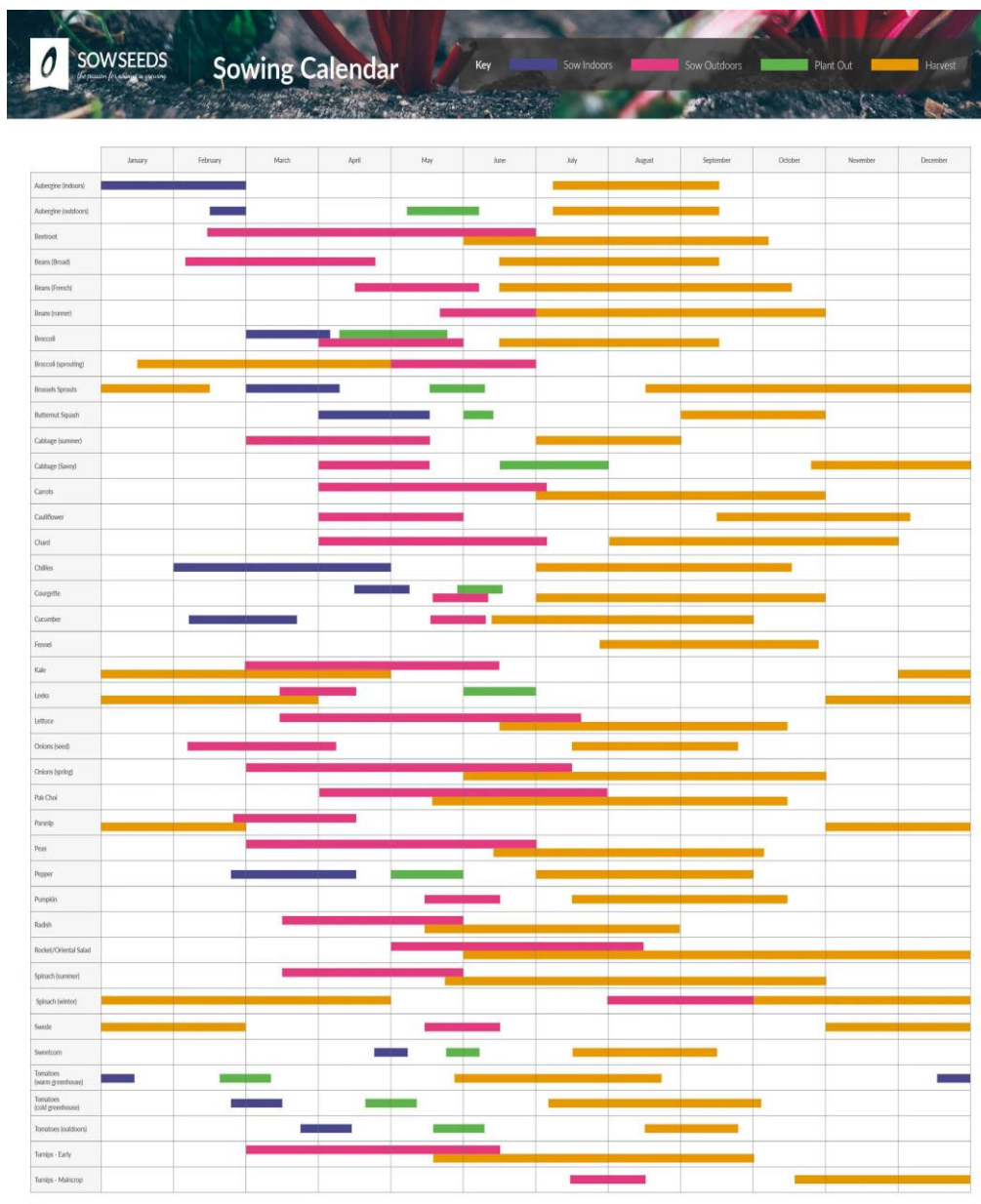
- [Getting started](#) – factsheet on growing with school children and families
- [How to set up a school garden](#) – an inspiring blog from an environmental educator working in London schools
- [RHS School Gardening Resources](#) – The Royal Horticulture Society has a website packed full of useful information just for schools
- [More school resources](#) – Edina Trust have put together even more useful links for school projects
- [Get your hands dirty](#) – a Social Farms & Gardens school garden guide
- [Free Downloads | Grow Your Own \(growfruitandveg.co.uk\)](#)
- [Jane Perrone's 10 tips for new growers | Grow Your Own \(growfruitandveg.co.uk\)](#)

Seasonal growing chart

Growing in schools isn't always easy, as much of the growing season falls in summer holidays, so here is a great growing calendar to help you plan your plots to suit term-time.

The chart below and the RHS term-time gardening guide (on the next page) can help you make the most out of the garden. It's not only important to plan what you can plant and harvest within school time, but it's also good to find out what veg the kids like to eat so they can enjoy as much produce as possible.

> [Download the chart](#)



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Term-time growing

The RHS have put together a [School term gardening guide](#) – a month by month plan of what to do in your school garden designed around the holidays. Click on the links below for specific information sheets on each crop.

Autumn term

	September	October	November	December
Sow/plant	Lettuce (winter), Onions (sets), Radishes , Salad leaves Spinach , Strawberries (runners)	Broad beans , Garlic (cloves), Lettuce (winter) Onions (sets), Peas Strawberries (runners)	Broad beans Fruit trees / bushes, Garlic (cloves) Raspberries (canes)	Fruit trees /bushes <i>Indoors:</i> Cress, Microgreens, Mustard
Harvest	Carrots , Chard , French beans , Garlic , Leeks , Lettuce, Onions , Potatoes (main crop), Pumpkin , Radish , Raspberries , Spinach , Squash , Tomatoes	Chard , French beans , Leeks , Lettuce, Garlic , Potatoes (main crop), Pumpkin , Raspberries , Spinach , Squash , Tomatoes	Carrots , Leeks , Lettuce, Spinach	Chard , Leeks , Lettuce

Winter / Spring term

	January	February	March	April
Sow/plant	<i>Indoors:</i> Cress, Microgreens, Mustard, Parsley,	Broad beans Peas Radish	Broad beans , Carrots , Garlic (cloves) Leeks , Lettuce Onions (sets), Peas , Potatoes (earlies) Radish , Spinach , Tomatoes	Carrots , Chard , French beans , Leeks , Lettuce, Peas , Potatoes (main crop), Pumpkin , Radish , Salad leaves , Spinach Squash , Tomatoes
Harvest	Leeks Lettuce	Leeks Lettuce	Chard , Leeks , Salad leaves	Leeks , Salad leaves , Spinach

Summer term

	May	June	July	August
Sow/plant	Radish, French beans, lettuce, squash and pumpkin, carrots, tomatoes.	Runner and French beans, squash and pumpkin, carrots.	Lettuce, kale and leek transplants.	
Harvest	Radish, broad beans, carrots, lettuce and other salads, spinach.	Radish, French beans, broad beans, peas, onion, garlic, carrots, spinach, early potatoes, lettuce and other salads, strawberries.	Radish, French beans, broad beans, peas, onion, garlic, carrots, spinach, early potatoes, lettuce and other salads, tomatoes, strawberries.	



Specific hints and tips

Composting

Making your own compost will not only save money but can also help reduce your school waste. You can add waste from the garden (leaves, grass clippings, weeds, plant material) and also school waste (shredded paper, torn cardboard, uncooked veg peelings from the kitchen).

There are lots of useful composting guides online – [Social Farms & Gardens](#), [Garden Organic](#), [RHS](#).

And here is a brief overview of composting ‘dos and don’ts’:

Dos

- ✓ Add waste from your veg garden
- ✓ Add shredded paper from school
- ✓ Aim for 50-75% ‘brown’ carbon-rich waste (paper, cardboard, dried leaves, small twigs, hedge trimmings, straw)
- ✓ 25-50% ‘green’ nitrogen-rich waste (fresh plant matter, veg peelings, weeds, grass clippings)

Don’ts

- ✗ Add too much of the same thing (e.g. grass)
- ✗ Add cooked food
- ✗ Add perennial weeds
- ✗ Add glossy or coloured paper

Perennial Crops

Plants that provide a harvest year after year are great to have in school gardens, such as herbs, fruit bushes and fruit trees. Perennial crops are great as they require less maintenance and often have a longer cropping season. Here are some links to more information about growing and looking after perennials:

- [Perennial Veg to Grow - BBC Gardeners World Magazine](#)
- [Herbs: growing / RHS Gardening](#)



Companion Planting

To maximise space, reduce the need for weeding and deter pests, you can plant some crops together – more info on companion planting can be found [here](#).

COMpanion PLANTING		
IN NATURAL ECOSYSTEMS, PLANTS PERFORM FUNCTIONS THAT CAN EITHER HELP OR PREVENT OTHER PLANTS TO GROW. THE SAME IS TRUE IN OUR GARDENS. THIS CHART WILL HELP YOU UNDERSTAND WHICH PLANTS GROW WELL TOGETHER AND WHICH TO PLANT FAR APART!		
PLANT	GOOD COMPANIONS	BAD COMPANIONS
BEANS	MAIZE, SUNFLOWERS, LAVENDER, CABBAGE, CUCUMBER, STRAWBERRIES, BRINTAL	ONION, GARLIC, FENNEL
BEETROOT	BEANS, ONIONS, GARLIC, LETTUCE, CABBAGE	NO BAD COMPANIONS
BRINTAL	CALENDULA, MARIGOLDS, MINT, PEAS	NO BAD COMPANIONS
BROCCOLI, CABBAGE, CAULIFLOWER, KALE	AROMATIC PLANTS, DILL, SAGE, ROSEMARY, POTATOES, BEETROOT, CELERY, GARLIC, ONIONS, GERANIUM	TOMATOES, POLE & RUNNER BEANS, PEPPERS
CARROTS	LETTUCE, CHIVES, LEEKS, ROSEMARY, SAGE, PEAS, WORMWOOD	STRAWBERRIES, FENNEL, CABBAGE
LETTUCE	CARROTS, RADISH, STRAWBERRIES, CUCUMBER, BEANS	CELERY, PARSLEY
MAIZE	SUNFLOWERS, AMARANTH, BEANS, PEAS & OTHER LEGUMES, PUMPKIN, SQUASH, CUCUMBER, MELONS & OTHER CUCURBITS, PARSLEY	CABBAGE, TOMATO, CELERY
ONION/GARLIC	CARROTS, BEETROOT, STRAWBERRIES, TOMATOES, LETTUCE, CABBAGE	PEAS, BEANS, PARSLEY, LEEKS
PEAS	LAVENDER, CARROT, TURNIP, RADISH, CUCUMBER, MAIZE, BEANS, GROWS WELL WITH MOST VEGETABLES & HERBS	ONION, GARLIC
PEPPERS	TOMATOES, GERANIUM, BASIL, CARROT, ONION	BEANS, KALE, CABBAGE FAMILY
POTATOES	CORIANDEr, MARIGOLD, BEANS, MAIZE, CABBAGE FAMILY, BRINTAL	PUMPKIN, CUCUMBER, SQUASH, MELONS, SUNFLOWERS, TOMATOES
SPINACH	STRAWBERRIES, BROAD BEANS, PEAS	NO BAD COMPANIONS
TOMATOES	BASIL, OREGANO, PARSLEY, CHIVES, NASTURTIUM, ONIONS, CARROTS, CELERY, CALENDULA, GERANIUM, BORAGE	POTATOES, FENNEL, CABBAGE FAMILY
CALENDULA	TOMATOES - REPELS TOMATO WORM!	GENERAL PEST DETERRANT, PLANT THROUGHOUT GARDEN
COMFREY	FAST-GROWING NUTRIENT ACCUMULATOR. PLANT ALONG EDGES & USE LEAVES FOR MULCH	COMPOST ACTIVATOR. USE LEAVES TO MAKE COMFREY TEA FERTILIZER!
CHILE PEPPER	CABBAGE, MAIZE	REPELS CABBAGE MOTH. PLANT ON BORDERS TO KEEP FLYING PESTS AWAY!
MARIGOLD	PLANT FREELY THROUGHOUT THE GARDEN - REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES & MANY MORE.	USE MARIGOLD LEAVES TO MAKE AN ORGANIC GENERAL INSECTICIDE SPRAY!
NASTURTIUM	TOMATOES - IMPROVES FLAVOR	REPELS WHITE FLIES & SPIDER MITES
THYME	CABBAGE	DETERS CABBAGE WORM
ROSEMARY	CARROTS, CABBAGE, SAGE, BEANS	DETERS CABBAGE MOTH, BEAN BEETLES & CARROT FLY!
WORMWOOD/ARTEMESIA	AROUND GARDEN EDGES	KEEPS ANIMALS OUT! ALSO REPELS WHITE FLY
YARROW	PLANT FREELY THROUGHOUT THE GARDEN, REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES, AND MANY MORE!	PLANT NEAR AROMATIC HERBS TO ENHANCE ESSENTIAL OIL PRODUCTION

A DIVERSE GARDEN IS AN ABUNDANT GARDEN. HAPPY PLANTING!



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Pest Control

Growing food is hugely rewarding, but not if all the slugs munch it first! Here are a few tips to creating an integrated pest management environment that benefits biodiversity as well as improves your crops.

- **Attracting the right 'beasts'** – we want beneficial predators, such as frogs, slow worms, birds, and ladybirds, in our gardens to help control the pests. Providing bug houses, ponds and bird feeders are good ways to encourage the right birds and insects.
- **Confuse the pests** – strong scented flowers and herbs are good for confusing and deterring pests and can be used as part of companion planting (above). Also growing things at different heights makes it harder for pests to find the plants they like to eat. You can also plant 'sacrificial' plants around your crops for pests to munch on to save your veg.
- **Feed the soil** – healthy soil is really important to providing a balanced environment for healthy plants who can fight off pests more successfully. Covering the ground with compost will help keep in the moisture and nutrients to feed the plants.
- **Create barriers** – crushed eggshells, copper pipe, banana skins, orange peel...these are just a few things people use to stop slugs and snails eating their tender veg plants. It could be a fun experiment to see which one works best.

Seed Saving

Saving seed from the veg you grow can save money as well as produce better crops next year. Not all veg seeds are easy to collect though, and some don't produce the same plant next time round. So, here is a list of a few easy seeds to save from your veg plots:

- **Lettuce** – lettuce plants don't cross-pollinate, so each plant will produce seeds that will grow the same variety again. To save seed, let a few plants 'bolt' to produce flowers, and then seeds. The seed heads of lettuce go feathery like dandelions when they are ready to harvest. Pick off the seed heads and rub to separate the seeds – keep in a cool dry place ready for planting again.
- **Peas and beans** – identify the most productive plant and leave some pea pods on the plant to dry out. When they have turned brown and dry, pick the pods and empty out the dried seeds. You can do this with peas, runner beans, French beans & broad beans. It is recommended to only plant one variety of each pea/bean to ensure the best seed quality.

If you want to know more, there are loads of fantastic [resources online](#) and tips of how to save seeds from the more tricky varieties.

Garden Tool essentials

Having the right tools makes all the difference. If you have had a Local Places for Nature Development pack from us, then you will have had a few tools to get you started.

Here is a quick check list of your garden tool 'essentials'

- Gloves – kids and adult sizes
- Wheelbarrow
- Secateurs – excellent pruning tool, don't use to trim branches thicker than a finger (or to trim a finger!)

- Forks and spades – you can get ‘border’ with a shorter handle, which is better for younger children
- Hand tools – trowels & forks
- Watering can and rose - the rose is useful for watering seed trays without disturbing them too much
- Hoe – a great tool for skimming off weeds in between your veg
- Rake – for levelling your soil ready for the planting season

Useful gardening videos

Here are some good gardening YouTube channels to aid visual learning:

- [RHS Campaign for School Gardening - YouTube](#)
- [Huw Richards - YouTube](#)
- [Garden Ninja: Lee Burkhill - YouTube](#)

Great campaigns to get involved with

There are some fantastic inspiring campaigns and national schemes that schools and young people can get involved with, here are just a few:

- [Peas Please | Food Foundation](#)
- [Eat Them To Defeat Them](#)
- [Love Food Hate Waste](#)
- ['Food and Fun' School Holiday Enrichment Programme](#)
- [Children's Right2Food | Food Foundation](#)
- [Children's Food Campaign](#)
- [Increasing Vegetable Consumption | Food Foundation](#)

General information websites

Here are some websites that have lots of additional resources and support for food growing projects:

- [Social Farms & Gardens](#) – lots of resources for school and community gardening
- [Royal Horticulture Society](#) – RHS Campaign for School Gardening
- [Eco-Schools Wales](#) – links and inspiration for Eco-committees
- [Garden Organic](#) – have a specific section with educational resources
- [Wales Council for Outdoor Learning](#) – outdoor learning resources
- [Big Bocs Bwyd](#) – growing and cooking resources
- [Every Flower Counts](#) – citizen science project monitoring wildflowers to calculate your Personal Nectar Score

We hope you find this toolkit useful, and it encourages both staff and pupils to continue to grow together.

