

Seed Sowing – Extended Learning

Introduction to Planting Vegetables

Choosing to plant vegetables in a garden comes with great benefits:

- Planting vegetables and growing them organically is a great addition to a healthy diet and provides better taste compared to shop bought produce.
- Being able to harvest your own vegetables is a cheaper option compared to supermarket prices
- Digging over the vegetable beds, preparing them for the growing season, planting, maintenance, and harvesting provides exercise and fresh air, by spending time outside.
- Planting vegetables creates a great sense of wellbeing and promotes positive mental health and stress relief.
- Helps the environment.

When can you plant vegetables?

- Many vegetable seeds can be sown in Spring, March to May, which can be harvested in the summer.
- Some vegetables can be sown in early Autumn, leafy veg, such as cabbages and spinach, salad crops, winter salad mixes, and winter lettuce (which is sown in a greenhouse).
- Peas and broad beans (these plants will need to be covered with fleece to protect them from frost).
- Onions, shallots and garlic can also be planted, which can be harvested the following year.

Soil

- The best soil for growing vegetables includes a mix of compost, organic matter, leaf mulch and topsoil.
- A Ph level of 6.5 is ideal for growing vegetables although they will grow well in soil with a Ph level of between 5.5 and 7.5
- The soil can be tested by using simple testing kits if you are unsure of its Ph level.

Where can you sow and grow vegetables?

- Vegetables can be grown in the smallest of garden spaces such as windowsills, balconies and courtyards, to the largest, vegetable and kitchen gardens. Vegetables can be grown indoors and outside.
- Vegetables can be grown in pots, bags, wooden crates, recycled objects, raised beds, level beds and protective environments, such as greenhouses and polytunnels.

Sun, Shade and Wind

Most vegetables enjoy the sun, especially tomatoes and peppers. Greens and soft fruit, rocket, lettuce and kale enjoy partial shade.

Any vegetables planted in full shade will be less productive and more prone to disease and attack from slugs and snails as they both operate in moist shade.

The wind can blow over tall vegetables and snapping the stems, such as sweetcorn crops. These crops need to be protected from the wind or planted in an area where the wind damage would be minimal.

Natural wind barriers such as hedges can be used for protection rather than fences which could be blown down in the wind and potentially flatten crops and damaging produce and affecting the yield.

Planting Vegetables Worksheet & Quiz

1. Name 3 benefits of growing your own vegetables.
2. What health benefits does grow your own vegetables give?
3. Where is the best position to grow vegetables?
4. Give 4 examples of vegetables which enjoy and thrive in the sun.
5. What is the disadvantage of planting a sun loving vegetable in full shade?
6. Vegetables planted in full shade could be subject to damage from which garden pest and why?
7. Give an example of a natural wind barrier which could be planted around a vegetable garden to protect it from the wind, rather than using a wooden fence?

8. What should the Ph level of the soil measure, which would allow a vegetable to grow and thrive and to reach its potential, producing a good yield?

Wordsearch Vegetables

A	Y	K	T	S	O	P	M	O	C
B	L	Z	T	W	G	E	W	K	R
F	X	L	O	E	T	A	L	J	A
T	P	E	O	E	Q	S	U	O	D
N	O	E	R	T	A	Y	B	T	I
Q	T	K	T	C	M	S	E	A	S
Q	A	C	E	O	L	E	A	M	H
S	T	V	E	R	M	K	N	O	B
D	O	R	B	N	G	U	I	T	Z
E	C	I	L	R	A	G	W	F	X
E	W	P	I	N	S	R	A	P	B
S	Q	U	A	S	H	Q	S	K	L

Allotment	Garlic	Parsnip	Compost
Beetroot	Potato	Leek	Peas
Sweetcorn	Radish	Squash	Seeds
	Tomato	Bean	