

Growing flowers and vegetables at nursery

Growing plants, flowers, fruit and vegetables, caring for them and watching them grow is a wonderful way for children to learn about the world we live in.

Here are our top tips:

- Most vegetables will need to be started inside first and later be put out when there is no longer any threat of frost
- You may have an expert in your midst – ask parents and grandparents if they grow vegetables at home and ask them to help you, it's always good to get some green-fingered advice
- If you have space in your outside area for planting, get the children to help you dig these over. Adding compost will enrich the soil and ensure the vegetable plants/seedlings are ready for planting in the spring
- Lacking outdoor space? Remember you can always use pots and tubs as well.
- Once your vegetables have been planted it's a good idea to create a separate digging area for the keen gardeners to get stuck in without disturbing the growing plants!
- The Royal Horticultural Society has a school gardening campaign which you can join for FREE, you'll receive a welcome pack containing seeds, plant labels, stickers, posters etc.
- How about creating a more natural wildlife garden to attract a range of wildlife for children to observe? It is simple to do. For advice on how to start visit The National Wildlife Federation.

