

Example Packets



Join in the fun www.little-gardeners.co.uk

What you will need

- Johnsons Little Gardeners seeds
- A garden spade or fork
- A rake
- Seed trays or recycled containers
- Compost



JohnsonsTM
GROWING WITH CONFIDENCE SINCE 1820

Newmarket, Suffolk, CB8 7QB
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JohnsonsTM
GROWING WITH CONFIDENCE SINCE 1820
A quick guide to



Good Points to Learn

Growing their own plants at home will help children develop a better understanding of the world around them and how it works. Many of the things they will learn also form part of the school curriculum giving them an excellent head start in the classroom.

Discussing and developing an understanding of the following points will allow children to get the most out of the growing experience;



For younger children;

- Recognising the names of the different part of plants such as stem, petal, leaf, flower and seeds and using these terms to talk about what they can see.
- Knowing that seeds grow into plants.
- Understanding that plants need water and light to live and grow, that water is taken up by the stem and that leaves gather the light.
- Being aware there are many different types of plants all around us.

For older children;

- Recognising that there are relationships between plants, humans and animals, for food or other uses.
- Understanding the simple life-cycle of a plant.
- Seeing that different levels of light, water and temperature can affect plants.
- Introducing the idea of food chains and how they nearly always begin with a plant.

Taking it a step further;

- Knowing that different plants grow in different parts of the world depending on the levels of light, rain and temperature.
- Learning that plants create habitats for other creatures to live in and that those creatures and plants often depend on each other.
- Identifying the various parts of a flower and their role in the life cycle of the plant, including pollination. For example; how the petals attract insects, the stamen produces pollen that the insects spread to other flowers and how the area behind the flower, known

as the ovum, swells and turns into a seed pod when the flower has been pollinated.

▪ Exploring how plants spread their seeds (either by the wind in the case of light seeds, animals in the case of many fruiting plants or by other means such as clinging burrs and sticky goose grass) followed by the germination of seedlings in new locations.



Why is it important to get children growing?

Research shows that gardening can help children lead more fulfilled, happier and healthier lives. It is an inexpensive way to gain many valuable life skills and a better understanding of how nature and the world around us works.

Where

Most *Little Gardeners* seeds can easily be sown directly into the place you want them to grow. The fast growing *Egg Heads* cress seed is great fun to grow indoors at any time of year. *Mini Munch* tomatoes and *Spooky Faces* pumpkins are best sown indoors in spring, into trays or small pots of seed compost, to give them a growing season that is long enough for the fruit to mature and ripen.

How

Before sowing outdoors, the soil should be dug over and raked level. The seeds need to be sown thinly, in rows, at the distance recommended on the seed packet. It is best to sow in rows so that it is easier to identify the seedlings as they emerge, although the rows can be made into any shapes and

patterns you like. The seeds should be lightly covered with fine soil and watered gently so they are not disturbed. When sowing into pots or trays make certain they are clean and be sure to use fresh seed compost. To help the seeds sprout they should be kept warm (around 15-20°C) and covered with cling film or a propagator lid to help keep them moist. The cover should be removed when seedlings appear. To get the longest harvest or flowering season some varieties can be repeat sown at 2 or 3 week intervals. Don't forget to use your



free Johnsons seed label to identify the variety sown.

Care

Once seedlings sown outdoors are large enough to handle they need to be thinned out to the spacing stated on the packet. It is best to remove the weaker seedlings leaving the stronger ones the room they need to grow on. The soil needs to be kept moist (but not wet) and weed free. Except for *Cress Heads* cress, any seedlings raised indoors should be carefully transplanted to further pots or trays when they're large enough to handle. Always hold seedlings by a leaf so you don't risk crushing the stem. They can then grow on until they are large enough to plant out. Before planting out they need to get used to outside conditions



by being placed in a sheltered location for a few hours during the day, the time spent outside should gradually be increased over the next two weeks (avoid frosts). They can then be transplanted to their final growing position. Please see the back of the seed packet for more specific growing instructions.

Harvesting / Flowering

All *Little Gardeners* varieties will be ready to harvest or flower later the same year. The packets give more detailed advice on when plants will be ready to flower or harvest.

Activities

Little Ladybirds

Incredibly easy to grow poppies. With their red flowers and black spots they look like ladybirds and are a great place to go looking for fascinating garden creatures.

Sunny Giant

Sunflowers can grow to great heights, but who can grow the tallest of them all? Look out for the birds that come to feed on the seed heads in the autumn.

Egg Heads

Cress can be grown in fun containers such as egg shells. Paint a face on the shell and watch their edible cress 'hair' grow.

Cool Carrots

Fast growing, unusual round carrots are a delight to harvest and turn into healthy snacks, salads or use in cooked dishes. A great variety to grow in containers.

Spooky Faces

Pumpkins are great fun to hollow out and carve into scary Halloween faces, the flesh can be used to make easy, nutritious and warming soups.

Racing Runners

Runner beans climb up bean poles really fast, see whose plant grows the fastest, who can grow

the longest bean and the tallest plant of all!

Mini Munch

Tomatoes are easy to grow in a pot on the patio, watch them develop and ripen then enjoy the healthy and deliciously sweet bite size fruits as a snack straight from the plant or in salads.



little gardeners

