

Edible gardening project

Encourage your nursery children, and their families, to take part in the healthy outdoor activities that gardening provides, by planning your own edible gardening project.



Learning Aims

- Personal, Social and Emotional Development
- Physical Development
- Communication and Language
- Understanding the World
- Maths
- Literacy.

Resources

- Dependent on what you are going to plant
- Visit a local gardening centre with the children to choose the seeds you need for your planting project
- If you don't have a garden space, ask parents to donate garden tubs and containers. Be creative with planters e.g. an old welly boot makes a good pot container for plants
- Trowels
- Watering can.
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Edible garden ideas

Herbs

Many herbs such as Chives, Mint, Coriander, Dill, Basil and Parsley can be planted directly into the ground or in containers indoors during the spring. These are particularly good for a nursery activity as they make great sensory herb bags and can be added to various dishes during cookery.

Lettuce

Salad leaves can be grown at almost any time of year, but the spring and summer are great seasons for making salad. They can be ready in just a few weeks depending on the variety, Lettuce is easy and safe for children to make a simple salad with.

Broad beans

Sow: March - May

Harvest: May - September

Great for maths development activities as children love to guess how many beans are going to be inside each pod.

Strawberry plants

Sow: March - April

Harvest: July - August

Strawberries are so sweet and versatile. You can extend this activity by making recipes, adding them to smoothies, fruit salad, cake or enjoying them on their own.



Tomatoes

Sow: March - April

Harvest: August - October

Tomatoes are packed with vitamins and minerals so are super healthy. You can extend this activity by making recipes, they can be added to pizzas, wraps and sauces or enjoyed on their own.

Marigolds

Sow: March - May

Bloom: July - September

Another one great for maths development as each Marigold flower head has lots of petals for counting and the flowers are edible!

Nasturtiums

Sow: March - May

Bloom: July - September

Nasturtiums attract bees and other helpful insects and the petals are edible, an interesting resource for children. To extend this activity why not hold your own garden party by inviting parents and families in to share your celebrations?

Extension activity:

Go out into your community to support gardening projects. Visit your local care home and help tidy up the garden and take some of your home grown plants to share.