

Sowing Seeds directly – Heritage Grains

Time of Year

March to April or September/October.

Aim

To grow a grain from seed.

Cross Curriculum Relevance

SESE:	Living Things, environmental awareness and care, exploring, research.
Geography/History:	History of agriculture, world grains.
Languages:	New words/spelling/literacy.
Art:	Making signs/drawings/photographs/making straw people.
Informal Curriculum:	Discover Primary Science.



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Resources needed

Organic grain seeds, prepared vegetable bed, forks/shovels, rake, peat free or home made compost, watering cans and water, hand trowels, gloves, netting (can be old net curtain or bought netting), labels, pens. Camera.

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Examples of grains that could be sown:

- Wheat
- spelt (ancient wheat)
- oats
- barley
- linseed (flax seeds)
- rye.

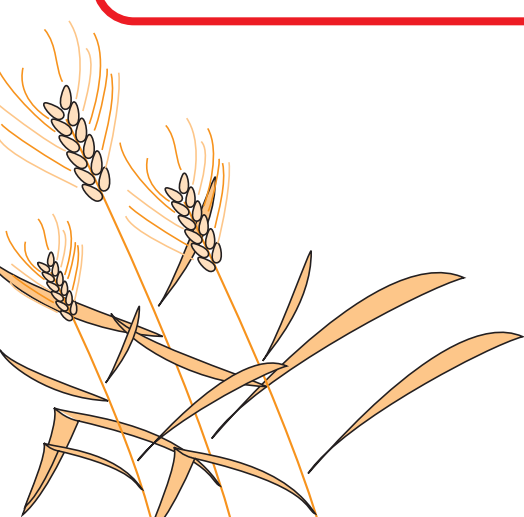
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General sowing guide

- 20g per square metre.

How to sow grain:

- Clear the bed of any weeds.
- Water the bed if it is dry.
- If you are sowing a variety of grains, mark off the bed into sections.
- Scatter or broadcast the grain freely.
- Alternatively you can make little drills close together and sow in rows.
- Cover over the seeds using your hands or a rake if it is a larger area.
- Make signs with the variety seeded and the date.
- Cover with netting.
- You could also string old CDs from poles to deter birds.
- Record your work in the garden diary.



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How do we harvest the crop?

- Show the class how to pull off or cut the heads of grain and collect in a container.
- The leftover straw can be cleared from the bed. It could also be used to mulch rhubarb or other plants.
- Winnow the grain heads by rubbing the grain heads between your hands over a sheet or container.
- Save some of the seeds in a dry container to plant next year.
- When you come back from the summer holidays, the grain may have fallen over in the wind. If possible, harvest it in August and store it upside down in a sack in a dry place. The children can do the rest in September.

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Ideas for Research projects

- Maths** – get the children to estimate how much land is needed to make a loaf of bread.
- Geography** – What grains are grown in different countries and why?
- Local Heritage** – Are there any local farmers growing grain? What do they use it for? There may be a heritage or county museum in your area that will have a traditional grinder. Invite them to come to the school to show the children how the grain becomes flour.
- Art/Communications** – Make a display for the garden or Green Schools notice board
- Healthy Eating** – If you harvest enough grain, make a loaf of bread. If you grow linseed (flax seeds) – harvest the seed heads & dry them in the class. Bake breads and add some seeds.

Research Words:

- HERITAGE**
- BROADCAST**
- WINNOW**

How do we look after the crop?

- Check regularly to see when they germinate.
 - Water them if they need it.
- When they start growing, raise the netting up (with willow or bamboo or sticks) to keep it protected.
 - Remove the netting when the plants are 5-6cm tall.
 - Keep weed free and observe & record their growth rate.

