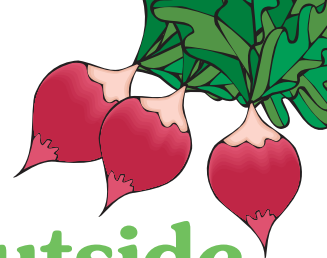


# Sowing seeds – in classroom & seeding outside



## Time of Year

March to June and October  
(if the school has a polytunnel).

## Aim

To seed in pots in the classroom & directly in the soil outside.

## Cross Curriculum Relevance

SESE:	Living things, environmental awareness & care, recording, observing.
SPHE Geography:	Country of origins of plants.
SPHE History:	History of agriculture.
Maths:	Measuring, counting, estimating, recording, active learning.
Literacy:	Writing, spelling.
Art:	Drawing, making signs.
Informal Curriculum:	Discover Primary Science.



# 1

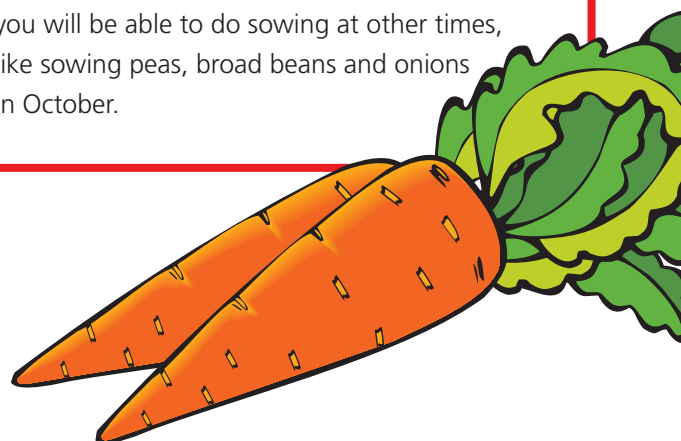
## Resources needed

Seeds and growing instructions, pots or trays or recycled cartons or toilet roll inserts (they can be planted with the seed as they are biodegradable), peat-free compost, gloves, lollipop sticks or twigs, pens labels, plastic bags (optional but reduces watering), camera, garden diary to record dates.

# 2

## When do we start seeding?

- March to June. Generally, seeds sown in March/April are ready for harvesting in June. Seeds sown in May/June will be ready to harvest in September.
- Spread out the seeding so that you have different vegetables to be harvested & eaten throughout the school year.
- Seeding can be done with all age groups. Sunflowers & pumpkins are particularly suitable for the infants.
- If your school has a polytunnel or greenhouse, you will be able to do sowing at other times, like sowing peas, broad beans and onions in October.



# Sowing Seeds

## Quick and easy seeding projects – Indoors

### Health & Safety

Stay with your group. Use tools safely. Wash hands after garden session. Please refer to the worksheet on Health & Safety for detailed information.

# 1

### What would be suitable for seeding indoors?

- Peas (sow March to June, also October in tunnel, ready to harvest in 10 weeks).
- Sunflowers (sow in March to May).
- Pumpkins (sow April to June, ready to harvest in 24 weeks).
- Tomatoes (sow February to March, ready to harvest in 20 weeks).
- Spinach (sow March to August, ready to harvest in 7-14 weeks).
- Mixed salads & lettuces (sow March to July, ready in 6-12 weeks).

# 2

### How do we seed in pots indoors?

- Buy a variety of seeds (and ask parents to send in any surplus seeds).
- Follow the instructions on the seed packet or research a book or internet.
- Fill pots or trays with compost.
- Water the compost – add more compost if it drops down in the pot.
- Sprinkle the seeds into your hand. Make sure your hands are clean & dry.
- If the seed is big (sunflower or pea) plant one to a pot.
- If the seeds are small (lettuce or spinach), sprinkle a few on the compost.
- Cover the seeds with dry compost – the packet instructions will tell you how deep to bury them

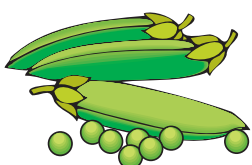


but the general rule is if they are bigger seeds they are normally buried deeper.

- Do not water from the top – if the seeds are small they will float to the top and could be washed away.
- Label the pot or tray with the name of the seed, the variety and the date.
- Cover the pots or trays with a plastic bag until they germinate (this reduces watering as the condensation keeps them moist and warm).
- In a warm class they will sprout quickly – check them every day.
- When they germinate remove the plastic bag immediately or they will get 'leggy' and are more likely to die.
- Water the pots or trays from below. Place pots or trays in the sink or a bowl filled with some water, until the compost is moist.
- Start 'hardening off' the plants in May. If you do not have a cold-frame, then bring them outside in the daytime and bring them back in before school closes everyday for at least a week.
- Planting out instructions is covered in the Planting Out worksheet.

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**Organic Gardening for Primary Schools**  
Sowing Seeds – in classroom & seeding outside

# Sowing Seeds

## Quick and easy seeding projects – Outdoors



### Health & Safety

Stay with your group. Use tools safely. Wash hands after garden session. Please refer to the worksheet on Health & Safety for detailed information.

# 1

### What would be suitable for direct seeding outdoors?

- Radishes (March to September, ready in 4-6 weeks).
- Beetroot (sow March to July, ready to harvest in 12 weeks).
- Carrots (sow February to July, ready in 12 weeks).
- Spring onions (sow March to May & August to September, harvest in 12 weeks).
- Peas (sow March to June, ready to harvest in 10 weeks).
- Leeks (sow January to April, ready to harvest in 32 weeks; over-wintering crop).
- grains (varies according to the grain – can be sown in spring or autumn).

# 2

### How do we direct seed outdoors?

- Follow the instructions on the seed packet or research a book or internet.
- Cultivate and prepare the soil as required, e.g. carrots like sandy soil and do not like manure.
- If the soil is dry, water it before seeding – if you water after seeding they will float to the surface and be washed away.
- Mark the rows with lollipop sticks or twigs.
- If you are seeding carrots or beetroot – make a shallow trench with a trowel.
- If you are sowing a bigger seed make a hole with your finger or the handle of the trowel.
- Sprinkle the seeds into your hand. Make sure your hands are clean & dry.
- Then sprinkle them into the trench or hole.
- Cover the seeds back with soil to the depth on the seed packet and make labels for the rows.
- Seed sown outdoors should need less watering – check them regularly.



# 3

### Other resources

Organic Vegetable Planner Wheel  
– available from [www.ecotopia.co.uk](http://www.ecotopia.co.uk)

Research Words:

**COLD-FRAME**

**HARDENING OFF**

**DAMPING-OFF**

