



# Cubs Gardeners Activity Badge



**1. Find out what seasons are best to grow a selection of six fruits and vegetables**

**Activity: Take a look when the best time is to grow particular fruit and veg!**

## Crop Calendar – Sowing Schedule

Use this handy calendar to check when to sow the seeds for different fruits, vegetables and herbs on your allotment.

Month	Vegetables	Fruit
<b>January</b>	Onions, Leeks, Peas, Garlic, Broad Beans	Apples, Pears, Gooseberries, Blackberries, Blueberries, Cherries, Peaches, Nectarines, Rhubarb
<b>February</b>	Onions, Leeks, Spinach, Lettuce, Brussels Sprouts, Garlic, Peas, Broad Beans, Potatoes (First Early)	Apples, Pears, Gooseberries, Blackberries, Blueberries, Cherries, Peaches, Nectarines, Rhubarb, Tomatoes
<b>March</b>	Brussels Sprouts, Cabbages, Lettuces, Broad Beans, Beetroot, Carrots, Leeks, Onions, Peas, Spinach, Spring Onions, Potatoes (Second Early and Maincrop)	Apples, Pears, Gooseberries, Blackberries, Blueberries, Cherries, Peaches, Nectarines, Strawberries, Raspberries, Tomatoes
<b>April</b>	Pumpkins, Runner Beans, Beetroot, Lettuces, Broad Beans, Brussels Sprouts, Cabbages, Carrots, Onions, Peas, Spinach, Spring Onions, Herbs, Potatoes (Maincrop)	Tomatoes
<b>May</b>	Pumpkins, Runner Beans, Beetroot, Lettuces, Cabbages, Carrots, Courgettes, Peas, Spinach, Spring Onions, Herbs, Potatoes (Second Early and Maincrop)	Melons
<b>June</b>	Beetroot, Carrots, Courgettes, Peas, Pumpkins, Runner Beans, Lettuces, Spring Onions	-
<b>July</b>	Beetroot, Cabbages, Carrots, Peas, Lettuces, Spring Onions,	-
<b>August</b>	Cabbages, Carrots, Onions, Spinach, Lettuces, Spring Onions	Strawberries
<b>September</b>	Spinach, Lettuces, Spring Onions, Cabbages, Onions	Cranberries, Nectarines, Peaches, Strawberries
<b>October</b>	Broad Beans, Peas, Cabbages, Garlic, Onions	Rhubarb, Gooseberries, Grape Vines, Nectarines, Peaches, Strawberries
<b>November</b>	Broad Beans, Garlic	Apples, Apricots, Blackberries, Blueberries, Cherries, Cranberries, Gooseberries, Grape Vines, Nectarines, Peaches, Pears, Raspberries
<b>December</b>	Broad Beans, Garlic	Apples, Apricots, Blackberries, Blueberries, Cherries, Gooseberries, Nectarines, Peaches, Pears, Raspberries, Rhubarb
Key: Blue - Indoors, Green - Outdoors		

**2. Grow at least two different fruits, vegetables or herbs for two months indoors or in plant pots**

**Activity: Look back at the first Activity and see what is best to grow this time of year! Let's get potting and planting!**

**Here are some top tips for growing plants, potatoes and vegetables!**

## Microgreens

Microgreens are the seedlings of young salad leaves, vegetable and herbs, which are harvested and eaten around one to two weeks after sowing. They are perfect for sowing on a rainy day and can be grown inside on a sunny windowsill or in a greenhouse. Microgreens are very popular in restaurants! They are a great way of growing and tasting lots of different vegetables in a short time.



### What you need

- Suitable seeds (Suggestions include basil, coriander, rocket, lettuce, radish, red cabbage, kale, broccoli, Swiss chard, spinach and mustard)
- Seed trays
- Seed compost
- Water spray bottle

### What to do

1. Fill the seed trays with seed compost and level off the surface.
2. Spray the surface of the compost with water.
3. Thinly sprinkle the seeds on the surface of the compost. Try not to let the seeds touch each other, but they do not need to be widely spaced apart. They will only grow very small before you pick them.
4. Cover the seeds with a thin layer of compost.
5. Place the trays on a sunny windowsill or in the greenhouse.
6. Regularly spray the trays with water to keep the compost moist, but not wet.
7. Your microgreens will be ready to harvest when the seedlings' first true leaves appear. They will get their seed leaves first - the true leaves will look like the actual leaves of the plant.
8. Use scissors to cut the microgreens just above the level of the compost, wash them and eat them.

# Planting Potatoes

Potatoes are the ideal crop for a school garden. If you plant them at the start of the summer term, you can leave them over the long holidays and harvest them in the autumn. They can be planted straight into the garden.

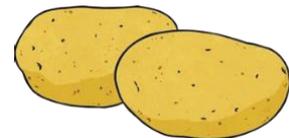


## What you need

- Chitted maincrop seed potatoes
- Gardening gloves
- Rake
- Trowels and forks

## What to do

1. Make sure the planting area is weed-free. Children could use a fork to pull up any weeds.
2. Dig a hole which is 7cm to 15cm deep for each potato. The potatoes should be placed around 35cm apart.
3. Plant the potatoes with the shoots pointing upwards and cover them with soil.
4. Watch for shoots appearing. When the plants are about 20cm tall, 'earth up' the growing plants by drawing soil up over the stem and leaves, leaving about 10cm exposed to the Sun. This prevents the growing tubers being pushed up into the light, which will turn them green.
5. In September, cut the stems down to about 5cm and leave them for two weeks before harvesting.
6. Harvest the potatoes on a dry day and leave them to dry on the surface of the soil for a few hours.
7. Store them in paper bags in a cool, frost-free place.

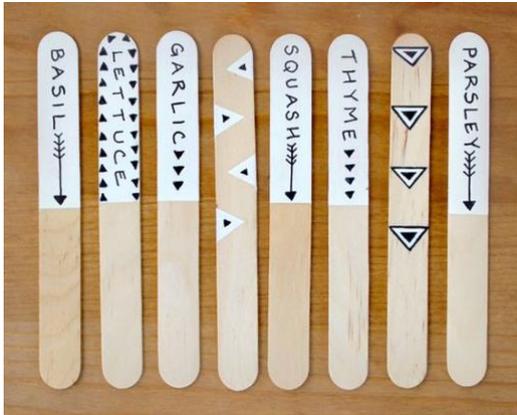


## 3. Learn what tools you need to garden and show that you know how to use them safely

**Activity:** Can you either find out from an adult or look up on the internet: *Pruning Shears, Shovel & Rake and what they are used for safely?*

#### 4. Design plant labels for the plants you are looking after or growing

**Activity: Let's get creative! Here are some examples on how to create some amazing labels!**



#### 5. Understand what mini beasts are and why they are good for our gardens and outdoor spaces

**Activity: Look up three mini beasts and what they do for our gardens! Maybe see what you have in your garden?**

You could also create a bug hotel and record what is living in there

**Here are some examples of DIY bug hotels!**



**Have fun!**