



SUMMER TO GROW

WEEK EIGHT - HARVESTING

Hello!

This might be the end of Summer to Grow but hopefully not the last time I'll see you here as I'm super excited to be launching my **A Year to Grow** annual guide to growing vegetables with children very soon! Keep an eye on your emails for updates on how to get your copy!

This week I hope to leave you all ready to go ahead and continue your veg growing journey with your family, harvesting yummy veg as you go!

We will look at foraging and how plants absorb water this week!

Emma x



PLANTING

This is your FINAL push to sow anything else that you want to sow, but you may be looking at harvesting next spring instead of this year now

Oriental veg like pak choi or Chinese cabbage can be sown now to harvest in spring or plant salad leaves and swiss chard for harvest in early autumn.

You can, of course, plant some flowers too! Next month, plant daffodils, hyacinth, bluebells, crocus and alliums to flower next Spring.

JOBS ON THE PATCH

This week we are keeping up with the same four jobs as before:

- Weeding
- Watering
- Feeding (fertiliser, diluted into the watering can once a week)
- Harvesting - check for any plants that are ending their harvest and look into storage methods. Onions can be stored until next year in the right conditions.





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SKILL

Have you ever foraged? Late summer is one of the best times to forage for fruit. You'll almost certainly find blackberries.

Ripe blackberries should come away easily with a gentle twist. If they don't leave them for a couple more days. Check the centre of the berry, where you broke it off, and it should be a very pale green colour. If not, it may be inhabiting insect larvae. Soak in water overnight before eating.



SUNDAY IN THE SOIL ACTIVITY: PLANTS ABSORBING WATER

Since you and your kids have been watering plants this whole time, have you chatted about HOW exactly the plant does that? If you've been growing some salad leaves, you might consider sacrificing a plant or two to this experiment, which demonstrates how plants absorb water.

You'll need:

- Food colouring
- Water
- A salad plant or some cut flowers like carnations in a vase

How to:

Simply mix some food colouring with water in a jug (the darker the better) and water your plants with it! If you're using cut flowers, pour the water into a vase before adding the flowers.

Discussion point:

Over the next few days, observe the plants or flowers and chat with your child or watch a video about how the plant takes in water.

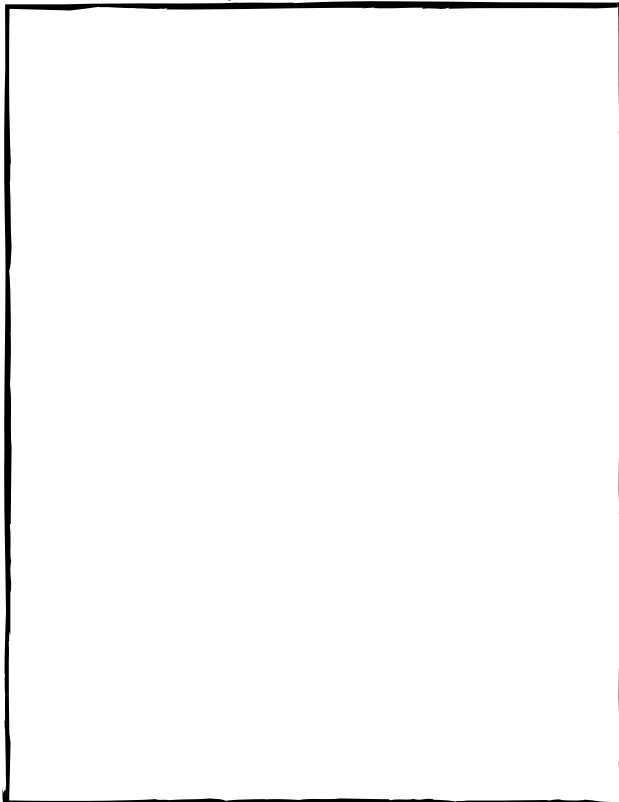


WEEK EIGHT

SUMMER TO GROW
GARDEN JOURNAL

Date: _____

What seeds will you sow?



Jobs on the patch

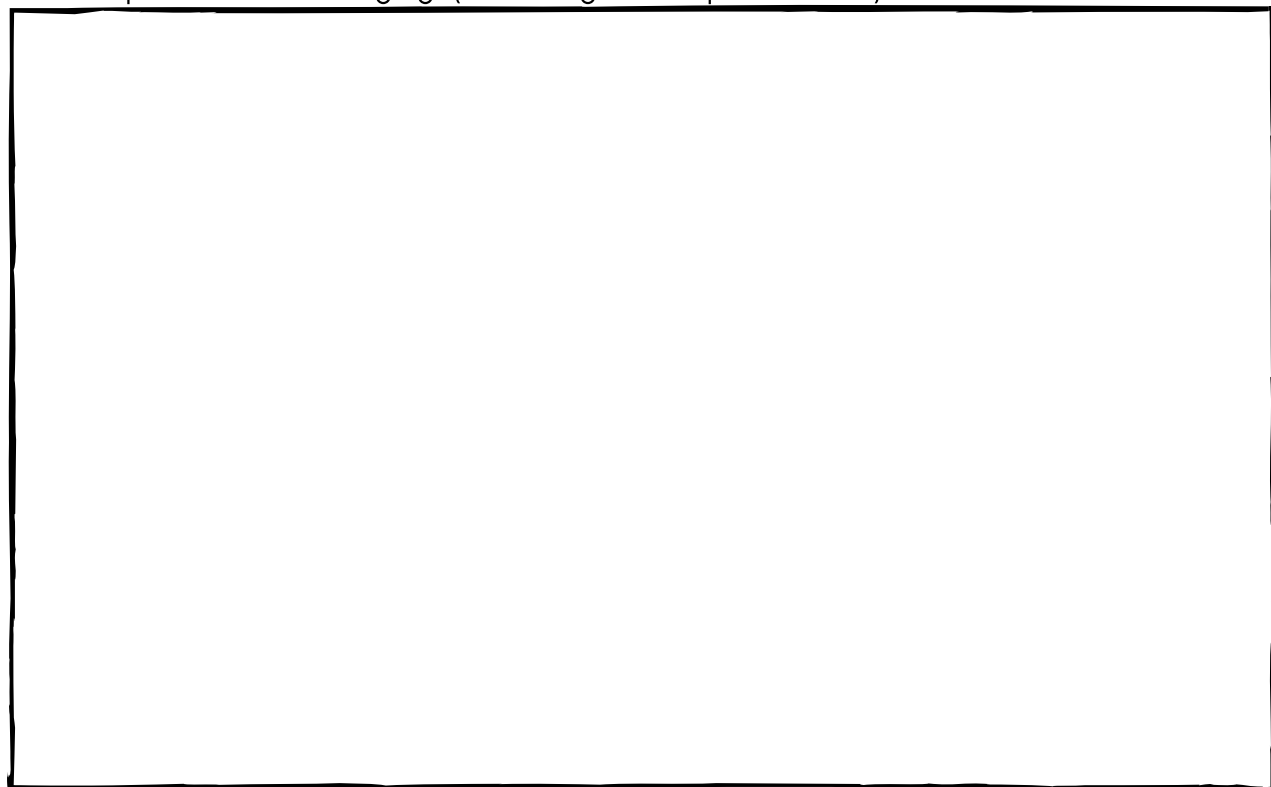
Caring for your patch

- ☐ Water daily
- ☐ Dig out weeds
- ☐ Protect from pests
- ☐ Feed young plants with fertiliser

Other jobs

- ☐ Check for vegetables to harvest
- ☐ Plant out propagated plants
- ☐ Sow last batch of seeds
- ☐ _____
- ☐ _____

Here's a picture of me foraging. (Draw or glue in a picture here)

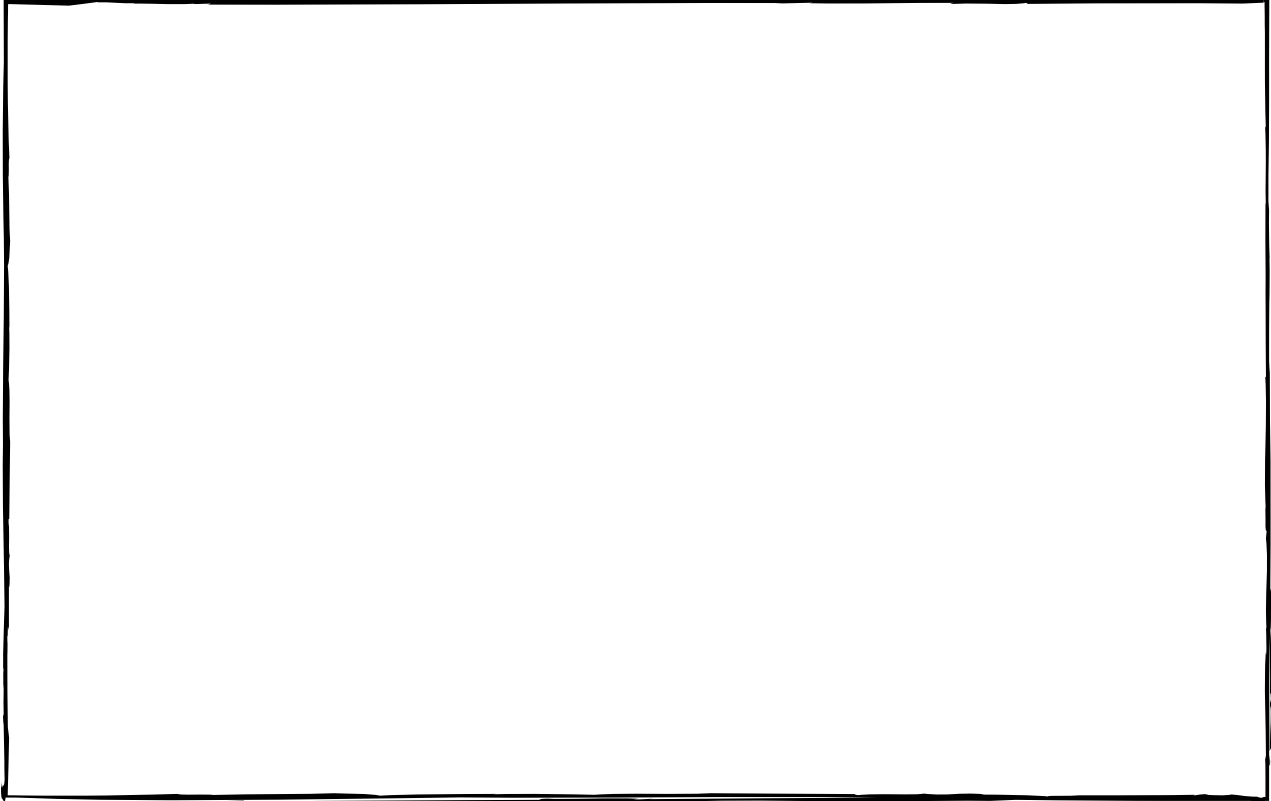


WEEK EIGHT

SUMMER TO GROW
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Date: _____

Here's a picture of me doing the colour changing experiment! (Draw or glue in a picture here)



Picture of my patch (take a photo or draw it here)

