



# SUMMER TO GROW



## 8 WEEKS TO GROW VEGETABLES FOR FAMILIES

By Emma Huggett



# SUMMER TO GROW

## A LETTER FROM EMMA

Hello!

I want to take the opportunity to thank you for signing up to this brand new, FREE 8-week programme Summer To Grow.

Growing food has become a divine passion of mine in the last few years and I have come to realise that it not only provides me with a sense of peace and tranquillity, but also excitement, patience, achievement and a connection to nature that I have adored sharing with my family.



Throughout this programme, I will help you and your kids to bond with the beauty and awe that Mother Nature brings, and with each other at the same time.

Over the next 8 weeks you can expect a weekly email with activities and growing advice, tips and pages to add to a printable journal for the kids, which should serve as a gorgeous diary to hold some fab memories.

Summer to Grow is for families who want to grow vegetables and learn together. It's about getting connected with nature as well as each other and hopefully having some yummy food to eat at the end!

If you're sharing your journey on Instagram, I would love you to tag me @montysplayhub and use the hashtag #summertogrow.

Let's get growing!

Emma x



# SUMMER TO GROW

## OVERVIEW

Over the next eight weeks, I'll help you and your little ones get to grips with growing veg - a skill that will bring enjoyment for years to come.

You'll get weekly growing tips, jobs for your patch, activities, experiments, recipes and some gardening skills as well as printable pages that you can put together as a garden journal.

Below you'll find a weekly overview of the programme.

Week 1	19th June - 25th June	Planning & planting
Week 2	26th June - 2nd July	Seedlings
Week 3	3rd July - 9th July	Earthworms
Week 4	10th July - 16th July	Pollinators
Week 5	17th July - 23rd July	Butterflies
Week 6	24th July - 30th July	Sharing plants
Week 7	31st July - 6th August	Flowers
Week 8	7th August - 13th August	Harvesting



# SUMMER TO GROW

## TIPS

Growing vegetables is for EVERYONE. Yes, really!

Whether you have toddlers or teens, you can get the whole family involved in one way or another. Here are my tips on how to make it work for everybody and create an enjoyable experience for the whole family.

**TIP 1 - Let the kids have ownership over their own patch.** If you've got a toddler, that might be letting them plant the seeds and water them over and over. Older children may only show an interest in one type of vegetable or flower and if you've got a teen that might be letting take the reigns and allowing them full responsibility for their patch. There is a lot to be learned from our children when we go with it.

**TIP 2 - Manage your expectations and go with the flow.** Let go of the end goal and enjoy the moment. Toddlers will repeat, repeat, repeat - embrace it. It's okay if they want to dig a massive hole in the ground for one tiny seed. It's okay if your older child isn't interested right now - they might be later on.

**TIP 3 - Create opportunities for success.** Think ahead. If you have toddlers, you'll know that they'll want to water the seeds until they're drowning or plant the whole packet in one go and that could feel stressful for you. Limit the amount you give them to ensure that their need is satisfied but your stress levels are kept low.

**TIP 4 - Don't force it.** If they're not into it right now, don't worry, there is no rush! They will be at some point, but they will need to see the joy you get from it in order to be interested. Offer invitations to get involved by doing some gardening yourself and leaving some equipment around to spark their interest. Kids are naturally inquisitive and will want to join in when the moment takes them.

**TIP 5 - Let go of perfection.** You will have failures! That's part of the process. Ask yourself what matters more: that you got perfect pumpkins, or that you and your kids felt connected and that growing vegetables brought joy to your family? Plus wonky veg is all the rage now.



# SUMMER TO GROW

## WEEK ONE

June is a fantastic time to grow vegetables. The weather is really warm now – statistically the warmest month of the year – so if you haven't already planted seeds, you should have a lot of success.

This week we are focusing on planning, prepping and planting!

Before you start, **plan your patch**. Whether that's a patch on your windowsill or in the garden, make a drawing of your space and include the veg you want to grow. You can refer back to it along the way. Then **prepare** your soil. Dig out any weeds, give it a good rake and remove big stones. Add compost too if you can.



### SUNDAY IN THE SOIL ACTIVITY

Join me on Instagram or Facebook Live on Sunday at 11am!

Designing your patch together can be a fun and therapeutic activity. Get some paper and colouring pencils and sketch your patch so you have a gorgeous picture to refer back to. Or why not use watercolours? If you're not the artistic type, you could cut out pictures and create a collage.

### PLANTING

There are TONS of seeds that you can plant outside now but go for veg that you'll actually want to eat. Check on the next page for some ideas.

Choose seeds that are large in size for little hands, like beans or pumpkins, sow in small pots (yoghurt pots and card tubes work fine) and water well.





# SUMMER TO GROW

## WEEK ONE

### SEED IDEAS

**Vegetables** like beans, radishes, salad leaves, spinach, tomatoes, cucumbers, courgette, peas, spring onion, cucumber and beetroot are pretty fast growing so you'll get a crop pretty soon. Most of these are usually pretty easy to grow as well.

**Flowers** like sunflowers, sweet peas, nasturtium, cosmos, corn flower, love in a mist and calendula will attract pollinators to your patch as well as making it look beautiful.

**Herbs** like basil, parsley, mint, or coriander are easy to grow and tasty!

### JOBS ON THE PATCH

This week it's all about prep. Get your patch ready, gather your tools, clear the space and remove any weeds before you get planting.

Keep your seeds well watered too.

Check your journal and tick off any jobs you've done.



### SKILL

You can easily make fertiliser for your veg by soaking some of your organic food waste!

Add some banana peels to a large jar, fill with water and seal. Leave it for a good couple of weeks and you'll have lovely potassium fertiliser that your tomatoes will love. Try it with grass clippings to give your beans a boost of nitrogen.





MONTY'S  
*play*  
HUB

# SUMMER TO GROW JOURNAL

Name: \_\_\_\_\_

Age: \_\_\_\_\_

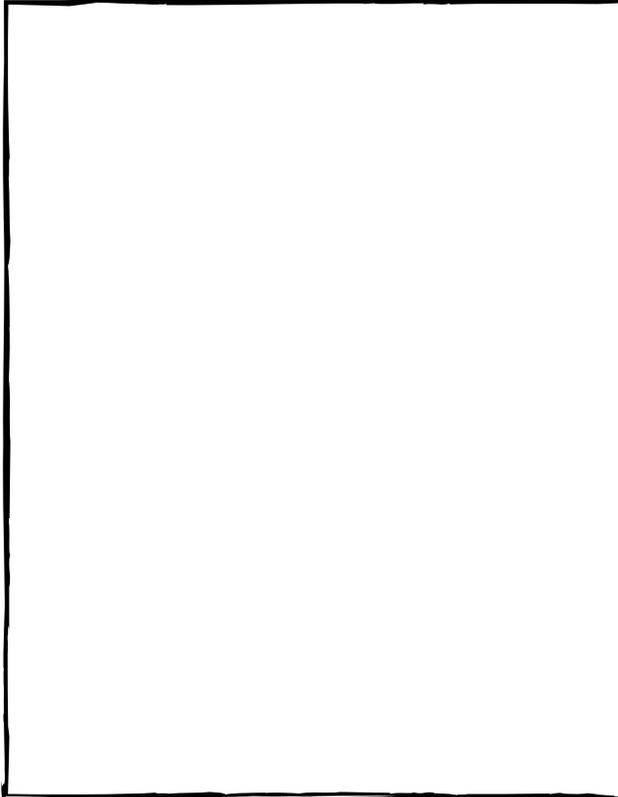
Date started: \_\_\_\_\_

# WEEK ONE

SUMMER TO GROW  
GARDEN JOURNAL

Date: \_\_\_\_\_

What do you want to grow?



Jobs on the patch

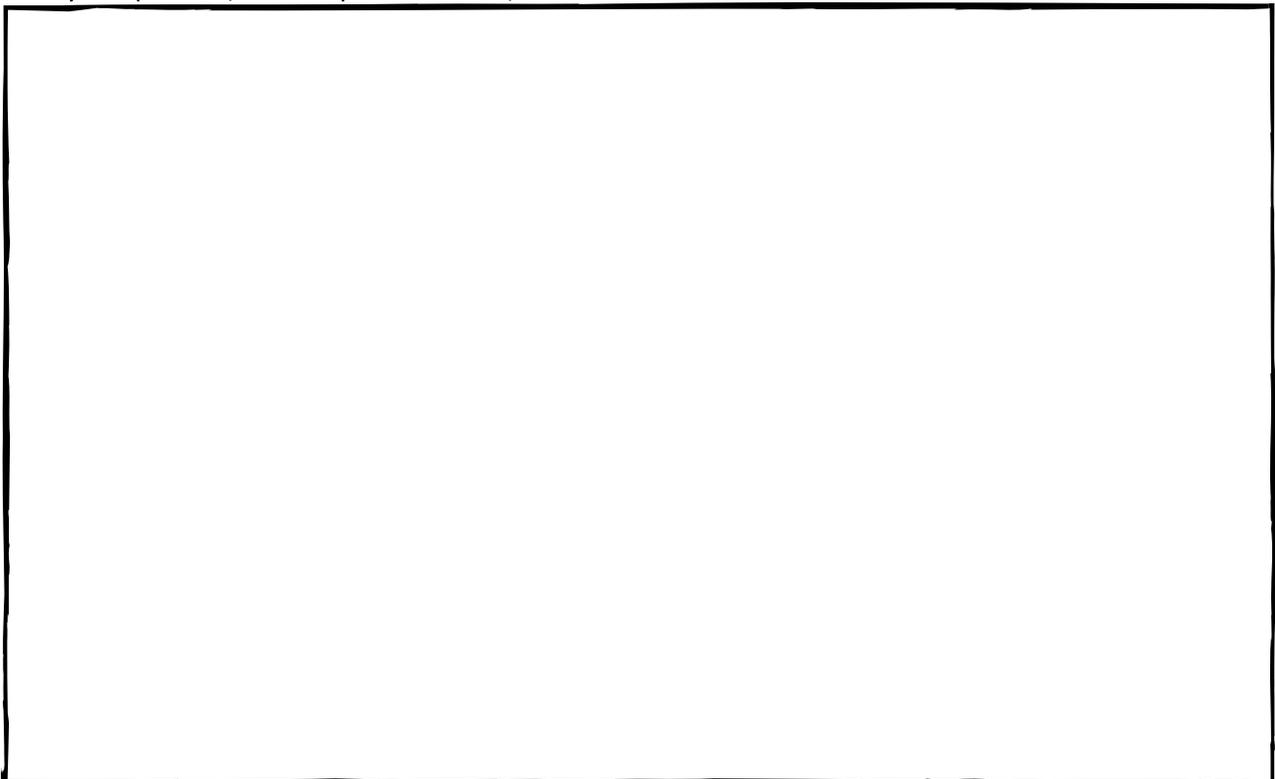
Prepare your patch

- Mark out an area
- Clear the space
- Dig out weeds

Other jobs

- Buy seeds
- Source tools and clean them
- Plant seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

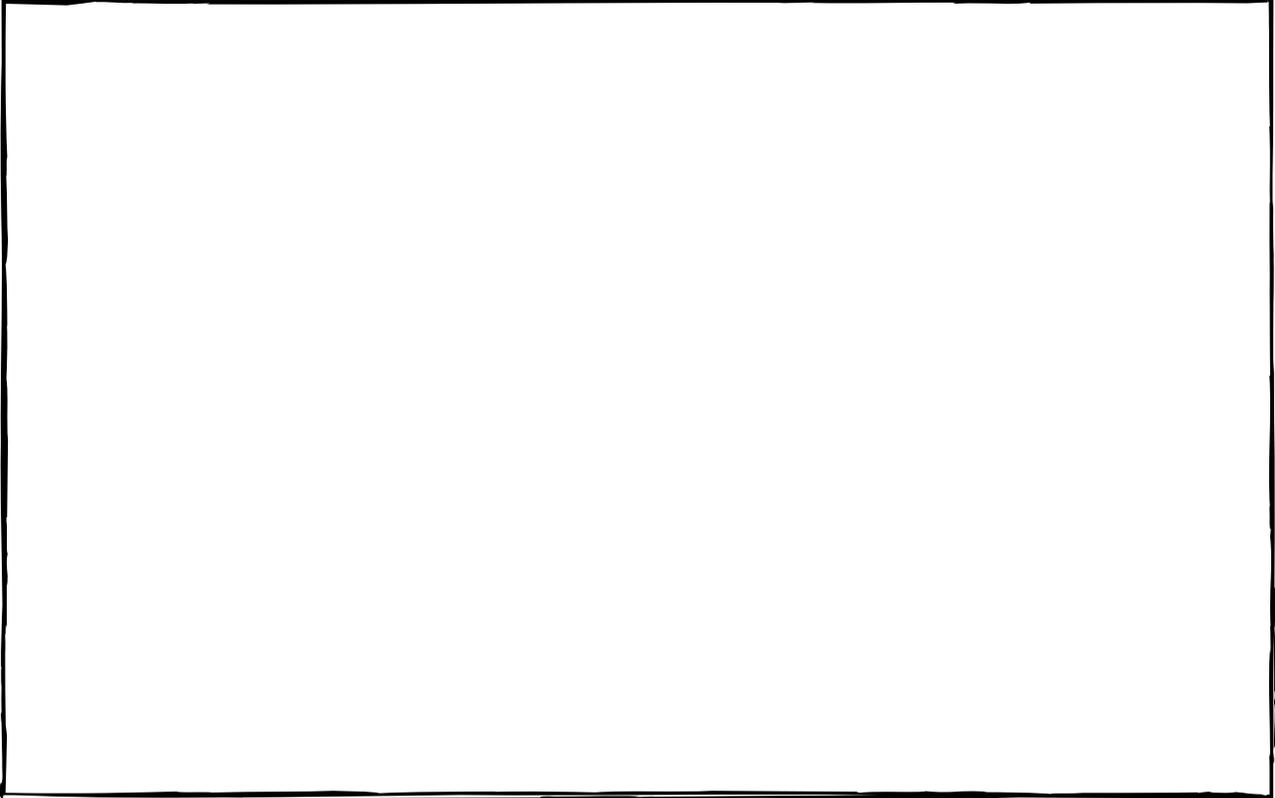
Plan your patch (draw a picture here)



# WEEK ONE

SUMMER TO GROW  
GARDEN JOURNAL

Here's a picture of me making fertiliser! (Draw or glue in a picture here)



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

