

Food for Thought Newsletter

March

Well, thank goodness we are finally in March and can really get going! This is the month to feel on top of things if your Mother's Day daffodils are looking hopeful, to get some seeds in the ground at last and to notice that autumn sown plants like onion sets, garlic and broad beans have woken up and are getting on with growing. It's still not a time to be digging in the compost as it can take until April for hibernating creatures to come round if it's been a cold winter. As usual this newsletter has suggestions for things you can be doing in your school veg and fruit plot. Choose only what suits you and what you can fit in. This newsletter is short because it's all about doing, not reading.

Jobs for outside

Plant indoors

What you can grow

Jobs for outside

Time for a tidy up and planting some seeds at last. Make string lines and make sure you have your labels ready. Get children to work as a team and pick up fallen leaves and sticks which can go on top of the compost. Winter storms can really blow rubbish round so have a pick up and throw away of any inorganic waste which has crept onto your plot.



Plant indoors

Some of your seeds can be planted indoors in March so check seed packets carefully for instructions; plant some seeds, sown very thinly in pots on your windowsill. Remember just a fine sprinkle of seeds, not the whole packet. These can be plants like tomatoes, French beans and peppers which need to grow for at least 8 weeks indoors before being planted outside.



What you can grow

Here are some ideas for you if you want to keep your growing going.

Any plant with origins in the East or mediterranean will need warmth. Indoors on a windowsill is a great place to give them a flying start. Maybe get the children to do a plant care rota, someone needs to check each day and only water if the compost doesn't stick to your finger when touched. Use recycled mushroom trays or similar to keep your windowsills clean.

Planting outside is finally here. Plants like lettuce, radish, new strawberry runners, runner beans and peas can go in now. Remember to use a string line, label and water in the trench before putting in the seed, then watering again.

- ♦ Why not take photos of what you have been doing and send pictures to your Uganda School. Let them know what the daytime temperatures are in your area and ask them what it's like in their school.



Don't forget to make contact with your Uganda school?