

Food for Thought Newsletter

June

We now have beautiful weather and term is progressing rapidly. Your plot should be producing loads of fruits and veg depending on what you planted. The most important thing is to keep harvesting! Pick and eat everything when it's ready whether that's enough to give to your school kitchen, cook in a D&T Food Tech session or send home. Just grazing food, picking it and eating it on the spot is a fantastic and worthwhile experience for children to have but don't forget to take pictures to share with your partner school.

- ♦ **Jobs for outside**
- ♦ **Post SATS activities for Year 6**
- ♦ **What you can grow**
- ♦ **Plants in pots and on plots**
- ♦ **Use compost in your heap**

Jobs for outside

Watering and keeping on top of the boldest of the weeds is helpful. As veg is ready for harvest explain to the children that the lifecycle of the plant from seed to seed is it's life's work and if you can pick the fruit/veg and prevent it going to seed, it will produce abundantly more in order to try and complete its lifecycle. Don't let courgettes turn into marrows, pick all the veggies before the half term week and soak everything so you can forget about it and have a good half term break.

Post SATS activities for Year 6

After all their hard work, why not have an outdoor tidy up afternoon? Children love to see they have made a difference in a practical way: weeding, sweeping, tidying the shed, turning compost, harvesting—a great opportunity to get outside in the fresh air with your older children or why not have older children teaching younger children how to do this?



What you can grow

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

Pick all beans, strawberries, pull and cook rhubarb, courgettes and mangetout or any other kinds of peas. Enjoy your results.

Earth up the potatoes as they grow, always covering the leaves but leaving about 5cm above the soil. This is the same whether growing in the ground or in a bag. Keep watered to help the plant make lots of potatoes on its elongated underground stem.

It's not too late to plant seeds of squashes and pumpkins; they will grow fast between 1st June and 1st July and if you water well until the end of the summer term, they will survive the summer holidays and be a perfect harvest in September and October on your return to school.

Plants in pots and on plots

Harvest any veg on these before half term and give the plants a good soak. Dragging the pot into a shady space and standing in water in a tuff tray is a great way to preserve plants in pots when everyone has 11 days away from school. You can also cover the soil area after a good drenching with shredded paper or card to prevent evaporation.



Uganda students tending the tree seedling nursery sponsored by DDE. Tree seedlings are essential in schools to provide shade and prevent soil erosion

Use compost in your heap

The rough compost in your heap is ideal for earthing up potatoes in pots and on plots. Take compost from the bottom of the heap using the trap door of a 'dalek' style composter or by scraping off the rough top of the compost and digging down into your heap; it doesn't matter if there are bits of twig in it, this compost is ideal for your plot and will be brilliant to put round plants you have just watered, in order to prevent evaporation.

Here is a great four minute video (with ads from You Tube) telling you how to make compost; why not show it to your children and use the products from your big post-SATS tidy up to get your composters filled up before the summer. You may need water to get it nice and damp as you start it off.

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