



School Gardening  
Resources

PRIMARY LEVEL

**BORD BIA**  
IRISH FOOD BOARD

# Growing Beetroot in School





<b>Time of Year</b>	April, May
<b>Aim</b>	To demonstrate to children how to grow and harvest beetroot.
<b>Resources Needed</b>	Organic seeds of an early variety of beetroot such as 'Boltardy', ruler, modular trays, peat-free compost, plastic bottle with holes in the lid for watering, labels.
<b>Cross Curriculum Relevance</b>	<b>SESE:</b> Living things, exploring / research, recording, observing <b>Maths:</b> Measuring, recording, active learning <b>Literacy:</b> New words, writing, spelling <b>Art:</b> Making signs, photos <b>Informal Curriculum:</b> Food Dudes, Healthy Eating, Discover Primary Science



### Sowing

Sow in modular trays of peat-free compost indoors on a windowsill in March following instructions on the packet. Sow one seed per module about 2.5cm deep. Water with a fine spray from the plastic bottle.



### Aftercare

Monogerm varieties produce only one seedling per seed. However, most beetroot seed produce 3 to 5 seedlings. Thin these to one seedling as soon after germinating as possible. After about 3 or 4 weeks harden off the seedlings before planting outside into window boxes or raised beds. (The soil in the bed should be enriched with well-rotted manure or garden compost in autumn). Plant the seedlings 10cm apart and do not let the growing medium dry out.



### Harvesting

Harvest the beets when they are about the size of a golf ball. Pull them up by catching the leaves firmly. Then twist them off leaving about 5cm of stem attached to the beet. These leaves are edible. Beetroot can be eaten raw in salads or cooked.

### Health and Safety

- ★ Wash hands after sowing and planting.
- ★ Wash leaves and beets thoroughly before eating.

