



School Gardening
Resources

PRIMARY LEVEL

BORD BIA
IRISH FOOD BOARD

Growing Edible Shoots in School





Time of Year	All year round
Aim	To demonstrate to children how to grow edible shoots and how to do simple testing on seed germination.
Resources Needed	Packet of garden pea seeds, clean and empty yogurt cartons, cotton wool, marker, watering container, cress seeds, mustard seeds.
Cross Curriculum Relevance	SESE: Living things, exploring / research, recording, observing Maths: Measuring, recording, active learning Literacy: New words, writing, spellin Art: Making signs, photos Informal Curriculum: Food Dudes, Healthy Eating, Discover Primary Science

Getting Started



Pre-sowing

Discuss with the children what seeds need before they will germinate. Most seeds need the correct temperature, moisture, light and air conditions to germinate.

Sowing

Make drainage holes in the bottoms of clean pots with an awl or scissors first. Fill each pot nearly to the top with cotton wool. Dampen this and sprinkle the seeds on top, one variety of seed per pot. (Make the sprinkler from a plastic ½ to 1 litre drinking water bottle which has holes punctured into the lid). Make funny faces on the pots with markers. Place them in a tray on a sunny windowsill and they should germinate and grow within a few days.

Aftercare

Keep the wool moist. Snip off the stems when they are around 5cm tall. Wash and eat. They will regrow a couple of times.





Extension of activity

Do the same activity as an experiment to show how important the conditions are for the seed to germinate. Sow one variety of seed in each carton. Moisten the wool in one, keep the wool dry in the next, moisten the next one but keep it in the dark, moisten the last one but keep it in the fridge. Number the pots and record their progress over a week, encouraging the pupils to identify why some shoots are/not growing.



Growing edible pea shoots

Grow Marrowfat peas in pots of peat free compost. Barely cover with more compost. Water and leave on a sunny windowsill. Eat the raw shoots when they are 5cm to 10cm tall. They will regrow a couple of times. Extend the activity using testing on germination as discussed above.



Health and Safety

- ★ Caution is needed when using a scissors to make drainage holes in yogurt cartons and sprinkling holes in the lid of a plastic bottle.
- ★ It's good practice to get children into the habit of washing vegetables before eating them.
- ★ Care should be taken when cutting the shoots.

