



School Gardening
Resources

PRIMARY LEVEL

BORD BIA
IRISH FOOD BOARD

Sowing Seeds Directly Heritage Grains





Time of Year	March to April or September/October.
Aim	To grow a grain from seed.
Resources Needed	Organic grain seeds, prepared vegetable bed, forks/shovels, rake, peat free or home made compost, watering cans and water, hand trowels, gloves, netting (can be old net curtain or bought netting), labels, pens, camera.
Cross Curriculum Relevance	SESE: Living Things, environmental awareness and care Geography/History: History of agriculture, world grains Languages: New words/spelling/literacy Art: Making signs/drawings/photographs/making straw people Informal Curriculum: Discover Primary Science



1 Examples of grains that could be sown:

- ★ Wheat
- ★ Spelt (ancient wheat)
- ★ Oats
- ★ Barley
- ★ Linseed (flax seeds)
- ★ Rye



2 General sowing guide

- ★ 20g per square metre.
- How to sow grain:**
- ★ Clear the bed of any weeds.
- ★ Water the bed if it is dry.
- ★ If you are sowing a variety of grains, mark off the bed into sections.
- ★ Scatter or broadcast the grain freely.
- ★ Alternatively you can make little drills close together and sow in rows.
- ★ Cover over the seeds using your hands or a rake if it is a larger area.
- ★ Make signs with the variety seeded and the date.
- ★ Cover with netting.
- ★ You could also string old CDs from poles to deter birds.
- ★ Record your work in the garden diary.



3 How do we harvest the crop?

- ★ Show the class how to pull off or cut the heads of grain and collect in a container.
- ★ The leftover straw can be cleared from the bed.
- ★ It could also be used to mulch rhubarb or other plants.
- ★ Winnow the grain heads by rubbing the grain heads between your hands over a sheet or container.
- ★ Save some of the seeds in a dry container to plant next year.
- ★ When you come back from the summer holidays, the grain may have fallen over in the wind. If possible, harvest it in August and store it upside down in a sack in a dry place. The children can do the rest in September.



4 Ideas for Research projects

Maths - get the children to estimate how much land is needed to make a loaf of bread.

Geography - What grains are grown in different countries and why?

Local Heritage - Are there any local farmers growing grain? What do they use it for? There may be a heritage or county museum in your area that will have a traditional grinder. Invite them to come to the school to show the children how the grain becomes flour.

Art/Communications - Make a display for the garden or Green Schools notice board.

Healthy Eating - If you harvest enough grain, make a loaf of bread. If you grow linseed (flax seeds) - harvest the seed heads & dry them in the class. Bake breads and add some seeds.

Research Words: HERITAGE, BROADCAST, WINNOW



How do we look after the crop?

- ★ Check regularly to see when they germinate.
- ★ Water them if they need it.
- ★ When they start growing, raise the netting up (with willow or bamboo sticks) to keep it protected.
- ★ Remove the netting when the plants are 5-6cm tall.
- ★ Keep weed free.
- ★ Observe and record their growth rate.