Farm together...

You've heard how good kids are at growing things, so we wanted to give you all kinds of tips and inspiration to make it even more fun and easier. You'll learn how to look after the green-guts that don't have hands!

The key

- **Lettuce**
  - 2-3 cm
  - 2 c-spacing
  - Harvest: 3-4 weeks

- **Tomatoes**
  - 1-2 m
  - 50 cm spacing
  - Harvest: 9-13 weeks

- **Cucumbers**
  - 1-2 m
  - 50 cm spacing
  - Harvest: 9-13 weeks

- **Onions**
  - 10 cm
  - 25 cm spacing
  - Harvest: 10-14 days

- **Peas**
  - 90 cm
  - 20 cm spacing
  - Harvest: 9-13 weeks

- **Potatoes**
  - 2-5 cm
  - 60 cm spacing
  - Harvest: 9-13 weeks

- **Carrots**
  - 90 cm
  - 40 cm spacing
  - Harvest: 6-9 weeks

- **Broccoli**
  - 60 cm
  - 50 cm spacing
  - Harvest: 9-12 weeks

- **Courgettes**
  - 90 cm
  - 30 cm spacing
  - Harvest: 10-14 days

- **Strawberries**
  - 5 cm
  - 15 cm spacing
  - Harvest: 9-12 weeks

- **Raspberries**
  - 5 cm
  - 15 cm spacing
  - Harvest: 9-12 weeks

- **Blackcurrants**
  - 90 cm
  - 30 cm spacing
  - Harvest: 6-9 weeks

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Garden Guests

- **Wasps**
  - Feed wasps with honey, other insects and nectar

- **Moths**
  - Feed moths with fruit, nectar, flowers and leaves

- **Slugs**
  - Feed slugs with leaves and stems

- **Ladybirds**
  - Feed ladybirds with aphids

- **Bees**
  - Feed bees with honey, other insects and nectar

- **Ants**
  - Feed ants with nectar, fruit, nectar, flowers and leaves

- **Caterpillars**
  - Feed caterpillars with leaves and stems

- **Butterflies**
  - Feed butterflies with fruit, nectar, flowers and leaves

- **Beetles**
  - Feed beetles with leaves and stems

- **Earwigs**
  - Feed earwigs with fruit, nectar, flowers and leaves

- **Scabby**
  - Feed scabby with leaves and stems

Rainbow Food Chart

<table>
<thead>
<tr>
<th>Fruit and Vegetable</th>
<th>Great for</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>Bones</td>
<td>Keep bones strong</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Joints</td>
<td>Great for joints</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Skin</td>
<td>Good for your skin</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Digestion</td>
<td>Good for digestion and immune system</td>
</tr>
<tr>
<td>Carrots</td>
<td>Immune</td>
<td>Improve your immune system</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Heart</td>
<td>Good for your heart</td>
</tr>
</tbody>
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Keep a lookout for these fascinating insects and creepy crawlies in your garden.

Bees, Ladybirds, Ants, Wasps, Moths, Slugs, Ladybirds, Caterpillars, Beetles, Earwigs, Scabby

When watering, try not to get water too close to the plant. When Russian cosmonauts met American astronauts in space in 1975, they made sure they had a garden with fresh vegetables. California growers covered it in crushed ice to help them keep bones strong.

When to harvest

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Read more at https://blog.learningresources.co.uk/growing-fruit-and-vegetables

#LoveLearning