

What to Sow and Grow

The RHS has been working directly with developing school gardens and has devised a list of **Top Crops for Schools**, chosen because:

- They can be sown, grown and harvested within the school terms
- They are relatively easy to grow and suitable for containers
- Children will enjoy eating them and use them in cooking activities.

RHS Top Crops for Schools

Crop	Seasonal information	Benefits to schools
Broad beans 'The Sutton' (spring-sown, dwarf plants) 'Aquadulce' (November sown)	Sow different varieties in spring and autumn term.	Large seeds are easy to handle. Children enjoy Picking the beans and shelling them from their downy pods.
Carrots 'Flyaway', 'Parmex', Purple Dragon' (unusual colour)	Sow in spring term.	Children love carrots. Early and stump varieties can be grown in containers
Climbing French beans 'Cobra', 'Hunter', 'Kingston Gold' Dwarf French beans 'Annabel', 'Cropper Teepee', 'Purple Teepee'	Sow early in summer term to harvest pods at end of term. Sow in July to harvest in autumn term for pods or seeds.	Large seeds are easy to handle. Can eat fresh beans or harvest dried seeds for soups. Baked bean connection.
Garlic 'Cristo', 'Early Wight'	Plant in autumn after half term.	Cloves are large and easy to plant. Good for cooking.
Leeks 'Oarsman', 'Toledo'	Sow seed in modules in early spring term, plant out in summer term. Harvest at end of summer term or in autumn term.	Leeks involve several activities including seed sowing and planting out baby plants. They are also useful for cooking.
Lettuce and other salad leaves 'Little Gem', 'Salad Bowl' rocket, lambs lettuce	Sow almost all year.	Harvest leaves and make salad bags - good enterprise scheme.
Onion 'Jet Set', 'Red Baron', 'Sturon' (plant in spring) 'Radar' 'Senshyu Yellow' (plant in autumn)	Plant sets in spring and early autumn terms. Seed in spring and summer.	Sets are large and easy to handle. Good cooking ingredient!



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<p>Peas 'Cavalier', 'Early Onward'</p>	<p>Sow in spring to harvest in summer. Sow in summer to harvest after holidays. Sow in autumn to harvest in spring.</p>	<p>Nearly all children love to shell peas and eat them – usually raw.</p>
<p>Potatoes (early varieties) 'Accent', 'Lady Christ', 'Pentland Javelin'</p>	<p>Plant early varieties after Easter and harvest before the end of summer term. Avoid maincrop varieties that need to stay in the ground until September – these tend to get blight.</p>	<p>Potatoes are large and easy to plant. They can be started off in early spring term in a cool classroom, then planted and harvested in summer term.</p>
<p>Pumpkin and squash 'Baby Bear' (mini pumpkin), 'Mammoth' (giant pumpkin), 'Butternut', 'Crown Prince', 'Sweet Dumpling' (squashes)</p>	<p>Sow in summer term. Grow into big, robust plants that can be planted outside after half term. Harvest in autumn term. Plant after clearing potatoes to form cover and suppress weeds over the summer holidays.</p>	<p>Large seeds, easy to handle. Children love pumpkins and there are lots of activities around them from Halloween to Thanksgiving, making pumpkin pie and saving your pumpkin seeds and designing seed packets.</p>
<p>Radish 'Cherry Belle', 'French Breakfast'</p>	<p>Repeat-sow from spring, summer to autumn terms.</p>	<p>Quick growing, rapid results, satisfying first crop.</p>
<p>Raspberries (autumn-fruiting varieties) 'Autumn Bliss', 'Fallgold'</p>	<p>Plant in spring or autumn. Fruit is ripe at beginning of autumn term.</p>	<p>Children love raspberries and picking the fruit. Summer-fruiting varieties tend to ripen in the holidays so autumn varieties are good to come back to in the autumn term</p>
<p>Strawberries 'Florence' 'Honeyoe', 'Pegasus', 'Rosie',</p>	<p>Plant in autumn or spring term. Harvest fruit in summer after half term break.</p>	<p>Children love to eat strawberries. Harvesting is fun. New plants can be made from runners, potted on and sold.</p>
<p>Spinach 'Palco' 'Tetona' Swiss chard 'Bright Lights'</p>	<p>Sow spring and autumn term.</p>	<p>Baby spinach can be eaten as salad leaves. Children enjoy Swiss chard's colourful cultivars.</p>
<p>Tomatoes (for containers) 'Amateur' (bush type), 'Tumbling Tom' (trailer)</p>	<p>Sow bush or trailing tomatoes in March to harvest towards end of the summer term. Sow in April and May to harvest on your return in autumn term.</p>	<p>Children love picking these small tomatoes and can make pasta and pizza sauces. There is no fiddly pinching out. If grown in containers they can be taken home over the long summer break.</p>



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Sources of seed

Kings Seeds, Monks Farm, Coggeshall Road, Kelvedon, Colchester, Essex CO5 6PG T: 01376 57000 www.kingsseeds.com

Thompson and Morgan, Poplar Lane, Ipswich, Suffolk IP8 3BU
T: 01473 688821 www.thompson-morgan.com

Unwins, Elm House Nurseries, Alconbury Hill, Huntingdon, Cambs PE28 4HY T:
01480 443395 www.unwins.co.uk

Sources of fruit

Ken Muir Ltd, Honeypot Farm, Rectory Lane, Weeley Heath, Clacton-on-Sea, Essex CO16 9BJ T: 01255 830181 www.kenmuir.co.uk

Organic Gardening Catalogue, Riverdene Business Park, Molesey Road, Hersham, Surrey KT12 4RG T: 0845 130 1304 www.organiccatalog.com

