**LETTUCE & ROCKET**  
Sow lettuce and rocket as soon as the last frost. Space plants about 90 cm apart. Leave 60 cm between rows. Thin to 45 cm apart. Keep well watered. Can be grown in pots off the ground to avoid slugs. Get them in early and sow in weekly batches to avoid gluts.

**CARROTS**  
Popular with kids, sow in early spring under a cover. Leave 30 cm between rows, thin to 2 cm apart. You can cover to deter pests. Don't forget you can eat the fluffy green top. There are lots of interesting varieties – you can get rainbow carrots in lots of different colours! To store longer, cut off the green tops (and out) once they are harvested.  

**COURGETTES**  
Another easy and prolific crop; it's satisfying to see these shapely veg develop and fun to harvest for young people. Sow seeds indoors at 45 cm apart. Keep well watered. Can be grown in pots off the ground to avoid slugs. Get them in early and sow in weekly batches to avoid gluts.

**SALAD LEAVES & ROCKET**  
Great for kids, as you can pick leaves as they grow. Sow salad outdoors in moist soil and thin to 10 cm apart. Rocket cut off the green tops (and eat) once they are harvested.

**COURGETTES**  
- Another easy and prolific crop; it's satisfying to see these shapely veg develop and fun to harvest for young people. Sow seeds indoors at 45 cm apart. Keep well watered. Can be grown in pots off the ground to avoid slugs. Get them in early and sow in weekly batches to avoid gluts.

**LETTUCE & ROCKET**  
- Sow lettuce and rocket as soon as the last frost. Space plants about 90 cm apart. Leave 60 cm between rows. Thin to 45 cm apart. Keep well watered. Can be grown in pots off the ground to avoid slugs. Get them in early and sow in weekly batches to avoid gluts.

**BEANS**  
- We like all kinds of beans – French beans, runner beans and broad beans – and they are great because they fertilise the soil as they grow. Kids like them and you can eat runner beans raw. Sow indoors and plant out after last frost. You need to create a structure for them to grow up around, like a wigwam made of bamboo poles. Keep well watered.

**SPINACH & CHARD**  
- Like salad leaves, spinach is another great crop for harvesting as you go. Sow outdoors after the last frost, thinning to 15 cm apart. Sow every three weeks for continuous supply. You may need to cover spinach in cold weather. Chard comes in rainbow colours, the young leaves are great in a salad the older ones with a roast.

**PEAS & MANGETOUT**  
- Another crop where you can eat the shoots as they come up. Sow these early indoors to get ahead. Plant out 5 cm apart with plenty of space between rows, support plants with sticks.

**HERBS YOU CAN EAT**  
- Herbs like rosemary, thyme, sage, oregano, and chives are simple to grow, and are a great companion to all the vegetables in this chart. You can use them to make home-made gifts. Sweet peas flower over an extended period and are another favourite with bees – and the kids can pick them too and put them in a pot. Think twice before growing mint – it spreads easily and can be used to make home-made gifts. Sweetcorn flower over an extended period and are another favourite with bees – and the kids can take pieces of flowers home with them. Leave the flowers to die on the plants and they will grow a pod which you can plant in spring / autumn.

**FOR THE BEES**  
- Plants like lavender, which you can't eat, are very popular with bees. Take cuttings to start your own lavender bush in a pot – it smells wonderful and can be used to make home-made gifts. Sweet peas flower over an extended period and are another favourite with bees – and the kids can take pieces of flowers home with them. Leave the flowers to die on the plants and they will grow a pod which you can plant in spring / autumn.  

**RASPBERRIES**  
- Beware, they can spread easily and take over your garden.

**MINT**  
- Fresh mint is lovely to have, but it is prone to take over, consider growing it in a pot.

**SWEETCORN**  
- Hard to get them to be ready to harvest before summer holidays.

---

### A FEW KEY TIPS

- **Watering regularly**  
  Is the key to successful growing. (But some plants don't like too much – read the instructions). If you are growing things in pots, like lettuce, remember pots will dry out quicker.

- **Don’t let your plants go to seed**  
  If you want to keep harvesting them – make sure you nip off the buds and newly formed flowering parts.

- **Sow in small batches every week**  
  To ensure a continuous supply and to avoid gluts.

- **Started late?**  
  In a hurry to get going? Buy young plants rather than starting with seeds.

---

### WWF’S SCHOOL GARDEN CALENDAR

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>July</th>
<th>Aug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sow</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harvest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>