

Grow Your Own Feast

Getting Started



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It's simpler than it sounds. A garden can be as simple as a windowsill, raised bed or a larger area that can be marked out in some way. As for the layout, be imaginative! Gardens do not have to be planted in a traditional rectangular plot. They can be any shape and extend vertically too!

Make use of what you have as nearly anything that holds soil and has good drainage can be used. Look for our ideas on planting and growing spaces in this pack.

Create a special area for storing garden tools. Do you have child-sized rakes, hoes, spades and gloves? Other tools may include old large spoons for digging and old measuring cups, bowls and baskets. There are some great ideas for making your own recycled gardening tools too in the pack.

Tips

- Children need to be involved in deciding where and what to put in the garden and with soil preparation, seed planting, and routine maintenance.
- Locate the garden where it will be easily accessible to all, but in an area that can be viewed by others as well. Make sure that the chosen site gets plenty of sunlight and an ample supply of water.
- Use raised beds to ensure all ages and abilities can access it easily
- Have wide paths for wheelchair users
- Have long narrow beds so both sides can be reached easily

What should I grow?

You really don't need to be an expert gardener. All the information you need is on the back of the seed packet. In fact, children will find the whole thing more interesting if they think and feel you are learning with them – why not give it a try!

Use an online growing calendar or the one below to grow things that will be ready to harvest in different seasons and look at our events' calendar, recipe ideas or other seasonal recipes online for inspiration.

It's a good idea to start by growing simple fruits and vegetables, especially ones that can be harvested quickly like radishes and lettuce. Large seeds that sprout quickly, like beans, cucumbers, courgettes and pumpkins are good too. Herbs, like basil and parsley, are easy to grow, smell wonderful, and taste beautiful.

Tips

- Plant what you want to eat and cook what you grow.
- Planning is key! Grow seasonally.
- Involve children – what do they want to plant/grow/eat?
- Buy seeds ready for next year in late summer or autumn as they are often on sale.
- Share or sell seeds, cuttings and produce to raise funds.
- Invest in a water butt or discuss how you can collect rainwater.
- Bird friendly feeders – birds are very helpful in gardens.
- Collect 2-litre plastic bottles to build a greenhouse.
- Ask for help from others such as parents/grandparents.
- Keep records of: what you've planted, and where; what is the weather like and; weigh what you produce.



Gardener's calendar

✓ = Sow indoors ✓ = Sow outdoors

Vegetable		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
BETROOT - Sow seeds outdoors 30 cms between rows, thinning plants to 10 cms apart. Pick when small before the beetroot turn woody. You can eat the young leaves in salads!	Sow		✓	✓	✓	✓	✓	✓					
	Plant			✓	✓	✓							
	Harvest					☺	☺	☺	☺	☺	☺		
CARROTS - Make early spring sowings under a cloche. Leave 30 cms between rows, thinning plants to 2 cms apart. Cover plants with fleece to deter carrot fly pests.	Sow			✓	✓	✓			✓				
	Plant												
	Harvest					☺	☺	☺	☺	☺	☺	☺	
PEPPERS - Sow seeds indoors. Wait until the last frost to plant outside into containers on a sunny patio. To encourage bushy growth, pinch out the growing tips when plants are 20 cms tall.	Sow		✓	✓	✓								
	Plant				✓	✓							
	Harvest							☺	☺	☺	☺	☺	
COURGETTES - Sow seeds indoors, or in a sunny spot outdoors after the last frost, spacing plants 90 cms apart. Mulch around plants and keep well watered.	Sow			✓	✓	✓	✓						
	Plant				✓	✓	✓						
	Harvest						☺	☺	☺	☺			
FRENCH BEANS - Sow indoors, planting out after the last frost. Make later sowings outdoors under a cloche. Space plants 15 cms apart. Water regularly.	Sow		✓	✓	✓	✓	✓						
	Plant				✓	✓	✓						
	Harvest						☺	☺	☺	☺	☺	☺	
LETTUCE - Sow in moist soil 25 cms between rows, thinning plants to 10 cms - Eat the thinnings! Make sowings once a week for continuous supply. Cover with fleece in cold weather.	Sow		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Plant				✓	✓	✓	✓	✓	✓	✓	✓	
	Harvest	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
PEAS & MANGETOUT - Sow early indoors then outdoors 90 cms between rows with plants 5 cms apart. Support plants with pea sticks. Cover with fleece to deter mice and pigeons.	Sow		✓	✓	✓	✓	✓	✓					
	Plant			✓	✓	✓	✓						
	Harvest						☺	☺	☺	☺	☺		
POTATOES - Choose blight-resistant varieties. Dig plenty of organic matter into the soil. Plant 12 cms deep, 40 cms apart with 60 cms between rows. As plants grow bank up the soil to cover the stems. Water well.	Sow				✓	✓							
	Plant				✓	✓							
	Harvest						☺	☺	☺	☺	☺		
RADISHES - Sow every 3 weeks outdoors 15 cms between rows, thinning plants to 3 cms for a continuous supply. Pick young before they turn woody.	Sow	✓	✓	✓	✓	✓	✓	✓	✓	✓			
	Plant												
	Harvest	☺				☺	☺	☺	☺	☺	☺	☺	☺
ROCKET - Grow as a cut-and-come-again crop. Sow outdoors 45 cms between rows, thinning plants to 23 cms apart. Keep well watered, mulch around plants to seal in moisture.	Sow				✓	✓	✓	✓	✓	✓			
	Plant				✓	✓	✓	✓	✓	✓			
	Harvest	☺		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
RUNNER BEANS - Dig lots of organic matter into the soil before sowing. Sow beans indoors, or in a sunny spot outdoors after the last frost. Grow plants up a wigwam of tall canes. Keep well watered.	Sow				✓	✓	✓						
	Plant				✓	✓	✓						
	Harvest			☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
SPINACH - Grow as a cut-and-come-again crop. Sow outdoors after the last frost 30 cms between rows, thinning plants to 15 cms. Sow seeds every 3 weeks for a continuous supply. Cover with a fleece in cold weather.	Sow			✓	✓	✓	✓	✓		✓	✓		
	Plant				✓	✓	✓	✓		✓	✓		
	Harvest	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
SPRING ONIONS - Make sowings outdoors 15 cms between rows every 3 weeks for a continuous supply. No need to thin. Cover with a cloche when the weather turns cold.	Sow			✓	✓	✓	✓	✓	✓	✓			
	Plant												
	Harvest				☺	☺	☺	☺	☺	☺	☺	☺	☺
SWEETCORN - Sow indoors, planting out after the last frost in a sunny spot. As sweetcorn is wind pollinated, group plants in a block, spaced 45 cms apart Water regularly, especially during dry spells.	Sow				✓	✓							
	Plant				✓	✓							
	Harvest						☺	☺	☺	☺	☺		
TOMATOES - Sow indoors, then plant out 45 cms apart in a sunny spot. Tie single-stemmed ('cordon') varieties to a cane for support and pinch out the sideshoots (these appear just above the leaf joint).	Sow			✓	✓								
	Plant					✓	✓						
	Harvest								☺	☺	☺	☺	

GARDENING TIPS

- Successional sowing avoid gluts of crops - Sow in small quantities every few weeks.
- Do not let your plants go to seed if you wish to continue harvesting them.
- Always read the packets and follow the instructions, if different to above.

- Grow disease and pest free varieties to save time.
- Herbs are easy to grow and look great in pots.
- If you don't have a great deal of space, try sowing lettuces in pots, but remember pots will dry out quicker.
- Take time to water your crops, this is the key to success.
- If you don't have time to sow, buy young plants instead.

Be Safe

The best starting point is conducting a risk assessment of the garden up to the boundary of the area you are planning to use. A risk assessment will identify the potential hazards within a garden and highlight any further controls needed to ensure it remains safe for all users. The main types of hazards to consider in a risk assessment are:

- Flora and fauna
- Garden equipment and safe usage.
- Garden shed/storage
- Poisonous plants
- Trees and leaves
- Slips, trips, falls
- Glass/Plastic from greenhouse or in the soil
- Rust
- Pesticides and insecticides
- Electrical cabling from lawnmowers



KIDS' CLUBS

Clybiau Plant Cymru Kids' Clubs

Bridge House, Station Road, Llanishen, Cardiff CF14 5UW
 T: 029 2074 1000 F: 029 2074 1047 E: info@clybiauplantcymru.org
 Company limited by guarantee 4296436
 Registered charity 1093260

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Cychwyn Arni



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Mae hyn yn symlach nag y mae'n ymddangos. Gall gardd fod mor syml â sil ffenest neu ardal fwy y gellir ei ddiffinio mewn rhyw ffordd. O ran y cynllun, defnyddiwch eich dychymyg! Nid oes yn rhaid i erddi fod wedi eu plannu ar ffurf darn o dir hirsgwar, traddodiadol. Gallant fod o ryw siâp a gallant gael eu hymestyn yn fertigol yn ogystal!

Defnyddiwch yr hyn sydd gennych, gan y gellir defnyddio unrhyw beth sy'n dal pridd, a lle gellir cael system ddraenio dda. Chwiliwch am ein syniadau ar fannau plannu a thyfu yn y pecyn hwn.

Gwnewch le arbennig ar gyfer storio offer gardd. A oes gennych racanau maint-plentyn, hofiau, rhawiau a menig? Gallai offer arall gynnwys hen lwyau mawr ar gyfer palu a hen gwpanau mesur, powlenni a basgedi. Mae yna rai syniadau da iawn ar gyfer gwneud eich offer garddio eich hun

Tips

- Mae angen i blant fod ynglŷn â phenderfynu pa bethau i'w rhoi yn ardd ac ym mhle, ynghyd â pharatoi'r pridd, plannu hadu a chynnal a chadw arferol.
- Lleolwch yr ardd lle y gall pawb fynd ato'n hawdd, ond yn lle y gellir ei weld gan eraill yn ogystal. Gwnewch yn siŵr fod y safle a ddewisir yn cael digon o olau haul a chyflenwad digonol o ddŵr.
- Defnyddiwch welyau codi i wneud yn siŵr y gall pob oed a gallu ei gyrchu'n hawdd.
- Byddwch â llwybrau llydan ar gyfer defnyddwyr cadeiriau olwyn.
- Byddwch â gwelyau hir a chul fel y gellir cyrraedd y ddwy ochr yn hawdd.

Beth ddylwn i ei dyfu?

Does dim angen i chi fod yn arddwr arbenigol. Bydd yr holl wybodaeth y bydd ei hangen arnoch ar gefn y pecyn hadau. Mewn gwirionedd bydd plant yn cael yr holl brofiad yn llawer mwy diddorol os byddant yn teimlo eich bod chi'n dysgu gyda nhw - rhwch gynnig arni!

Defnyddiwch galendr tyfu ar-lein neu'r un isod i dyfu pethau a fydd yn barod i'w cynaeafu mewn gwahanol dymhorau, ac edrychwch ar ein calendr digwyddiadau neu ryseitiau tymhorol eraill ar-lein i'ch ysbrydoli.

Mae'n syniad da dechrau drwy dyfu ffrwythau a llysiau, yn enwedig y rhai y gellir eu cynaeafu'n gyflym, pethau fel radis a letys. Mae hadau mawr sy'n egino'n gyflym, megis ffa, ciwcymrau, courgettes a phwmpenni hefyd yn dda. Mae perlysiâu fel basil a phersli yn hawdd i'w tyfu ac yn blasu'n hyfryd.

Tips

- Plannwch y pethau y byddwch am eu bwyta a choginiwch yr hyn y byddwch yn ei dyfu.
- Mae cynllunio'n allweddol! Tyfwch yn dymhorol.
- Cynhwyswch y plant - beth maen nhw am eu plannu/tyfu/bwyta?
- Prynwch hadau'n barod ar gyfer y flwyddyn nesaf yn hwyr yn yr haf neu yn yr hydref, gan eu bod ar werth yn aml.
- Rhannwch neu gwerthwch yr hadau, y toriadau a'r cynnyrch i godi arian.
- Buddsoddwch mewn casgen ddŵr neu trafodwch sut y gallwch gasglu dŵr glaw.
- Bwydwyr sy'n gydnaws ag adar - mae adar yn dipyn o help mewn gerddi.
- Casglwch boteli plastig 2-litr i adeiladu tŷ gwydr.
- Gofynnwch am help gan eraill megis rhieni/rhieni-cu.
- Cadwch gofnodion o: y pethau y byddwch wedi'u plannu, ac ymhle; sut dywydd yw hi, a phwyswch y pethau y byddwch yn eu cynhyrchu.

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Byddwch yn Ddiogel

Y man cychwyn gorau fyddai cynnal asesiad risg o'r ardd hyd at ffin yr ardal yr ydych yn bwriadu ei defnyddio. Bydd asesiad risg yn datgelu'r peryglon posibl mewn gardd ac yn tynnu sylw at unrhyw reoliadau pellach y bydd eu hangen i wneud yn siŵr ei fod yn dal yn ddiogel i bob defnyddiwr. Y prif fathau o beryglon i'w hystyried mewn asesiad risg yw:

- Adar ac anifeiliaid
- Cyfarpar gardd a defnyddio diogel
- Sied ardd/lle i storio
- Planhigion gwenwynig
- Coed a dail
- Lithro, baglu a syrthio
- Gwydr/Plastig o'r tŷ gwydr neu yn y pridd
- Rhwd
- Chwynladdwyr a phlalladdwyr
- Ceblau tyrdan o laddwyr glaswellt

TESCO
Bags of Help

Clybiau Plant Cymru


KIDS' CLUBS

Clybiau Plant Cymru Kids' Clubs
Tŷr Bont, Ffordd yr Orsaf, Llanisien, Caerdydd CF14 5UW
T: 029 2074 1000 F: 029 2074 1047 E: info@clybiauplantcymru.org
Cwmni cyfyngedig drwy warant 4296436
Elusen cofrestredig 1093260