

# Let's **Grow** Outside!

*With Kildare County Childcare Committee*



Update 1 – March 2021

**Dear Participants**

**Welcome to our Let's Grow Outside Programme!**

**You will either receive your pack with seeds this week, or have perhaps received them last week.**



*In your pack you will find:*

Some compostable pots, Seed potatoes

A mixture of flower and vegetable seeds: Sunflowers, radishes, runner beans, spring salad leaves and squash.

and Bee friendly Wildflower seeds

We hope you have a great Spring, growing and playing outside,

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## What to do this week



***Spring is the time when everything starts to grow, we can enjoy spending more time outdoors and play for longer and longer!***

Gardening and outdoor play ties in with all 4 of the Aistear themes.

You can tie in with songs and stories, and with getting outside to look at Spring in progress..

- To start off this week you can 'chit' your potatoes on your windowsill – this means keeping them in the light to allow the shoots to start to sprout, it gives them a head start when they are planted in the soil in a week or two.

Children can see that the potatoes are already growing, bursting to grow! You can see where this leads.. whether it is potato printing with paint or thinking about how our food grows..

Think about the farmers who grow the food we eat, play games, sing songs .. Old McDonald!!



### ***Seeds need warmth and moisture to grow***

- Another thing you can do this week is to 'sow' some of your runner beans, or any bean or pea, in a transparent container, eg. An empty jam jar. If you fill the bottom of this with wet cotton wool, and place a few beans around the sides where you can see them through the glass. Keep somewhere warm for a few days and you can see the seeds germinating!



***This is our runner bean seed sprouting after 4 days!***

This is amazing for young children to see as it really shows what is going on under the soil..

A book to go with this is Eric Carle's 'The Tiny Seed' (if you don't have this, it is on youtube: [https://www.youtube.com/watch?v=I\\_A\\_e6h-DhU](https://www.youtube.com/watch?v=I_A_e6h-DhU))

These germinated seeds can then be planted in compost in your compostable pots.

You can also make your own compostable pots from newspaper, see the botanic garden's video shorts for a guide on how to make these: <https://www.youtube.com/watch?v=XnrBspOmwlI>

Also how to make a mini-glasshouse: [https://www.youtube.com/watch?v=NfNGVbS\\_tbA](https://www.youtube.com/watch?v=NfNGVbS_tbA)

Empty toilet rolls can be used as seed liners too – put several standing in a plastic box & fill them with compost.

When the time comes all of these can be planted directly in the ground or in a larger pot.

Here is a nice Early Childhood Ireland Blog on Spring Planting:

<https://www.earlychildhoodireland.ie/spring-planting/>

As Kitty points out in the blog, don't forget to give children the chance of messy play and all the fun that involves!

*Next week...*

Let's plant our Sunflower seeds!

Time to get those Potatoes growing for real 😊



**Childcare  
Committee**  
County Kildare

Coiste Cúram Páistí Chontae Chill Dara