

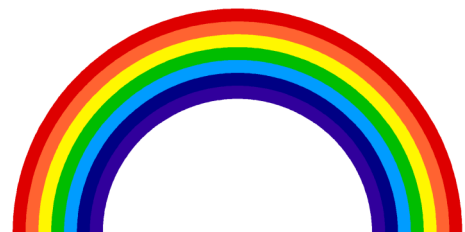
Things to do during Covid-19

lockdown

stay safe!



Grow your own kind of
magic



By: Miss McDonough

Hi kids,

At PACE, we hope you and your families are coping well during the lockdown and we're sure you're all missing one another and your routine of going to school. If you're feeling a little anxious in these unusual circumstances, then please remember to take a deep breath and breathe, get outside in nature as much as you're allowed to, this will help with your wellbeing. We hope you are able to go for walks in the park.

I've decided to create a little book on growing vegetables for you all and hope you enjoy it, as I know many of you like gardening with me and seeing our plants grow at PACE. I realise that some of you might not have a garden or pots to grow things in or even seeds, don't worry, as this is not always needed. You can use milk cartons, plastic containers that you sometimes buy fruit and vegetables in, tin cans and even plastic bags for life. You would also be helping the environment by recycling these items. If you don't have a garden then put your pots on a window ledge so it can see the sunlight.

I'd love it if some of you could try and grow vegetables from left overs that you might find in your fridge. Some of the left overs I'm growing vegetables from are; onions, garlic and celery (all are doing amazingly well and are growing quickly in this hot sunny weather we're having. I love seeing how much they've grown each day, keep reading and see for yourselves.) I'm also going to grow some potatoes I have left over. Maybe you could try growing lettuce from the root of your left overs or drying seeds from tomatoes, peppers or chillies by adding to some soil to pots and watch them grow as you water them, if you like them that is. Don't forget to transfer your seedlings into bigger pots as they grow. If you're lucky enough to have packets of seeds then great, **Start Growing!** I'd love to see photos of what you might grow, even flowers, you can email them to me at: lesley.mcdonough@sthelens.org.uk maybe we could ask Mr Toole if we could make a display with your photos and involve all staff to join in with this challenge. Remember, your plants need watering every day and lots of sun light to help them grow.

Stay safe everyone and remember to use safe distancing. We miss you all!

Lots of love from everybody at PACE xx

Banana Fertilizer



Banana skins are rich in phosphorus and potassium which are important nutrients that plants need.

Something to try at home

An eco friendly fertilizer for all of your plants. Use once a week.

After you've eaten your banana, cut it up into small pieces and add to a bottle, fill with water and leave for 4 days. Shake bottle each day. After the 4th day, sieve the banana into a container and VOILA! You've made a fertilizer your plants will love.

Beetroot

Today I planted some beetroot seeds (11/04/2020)



The seeds have now grown into seedlings.



This is what they look like 16 days later.

Broccoli

Baby broccoli shoots starting to emerge after 6 days of planting the seeds.



WOW! Just look at how much the shoots have grown into young plants in 17 days...amazing.

Celery



Something to try at home

Cut the end off a celery and place in a shallow bowl of water. Keep watering when needed and you end up with a whole new celery. This is the results after 14 days.



Egg Shells

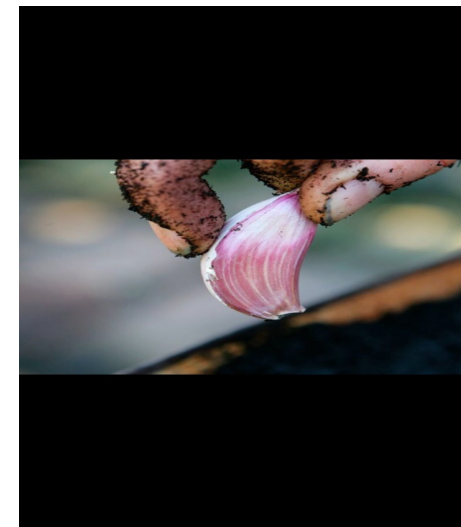


Something to try at home

Try growing seeds in used, clean egg shells. They're a calcium rich nutrient which is great for growing peppers and tomatoes. Replant in shells when plants outgrow shells. You can add them to your compost or crumble around your plants to keep the pesky snails and slugs away. I've put some shells around my strawberry



Garlic



I have planted a garlic clove in a pot of soil, from this you should get a garlic bulb. Why don't you try this at home.

Something to try at home

This is how much the two cloves have grown in 5 days.



This is how much they've grown in 16 days. I'm hoping these will have grown enough by the summer.

Onions



Something to try at home

Cut the root end on an onion and plant root facing down in soil.

This is the result in 14 days, 3 onions growing from 1 root.

Waste not want not!



Plant Pot



Something to try at home

Cut off the bottom of a milk carton and cut a hole either side to hang using string (adult) If you want to, draw a face/animal or what ever using the handle side as the face. Fill with soil and add a plant, I used a strawberry plant and decorated with beads as earrings and fabric for a head scarf.



Water Container



We all know plants need water to survive. If you don't have a watering can then you can use this idea to make one. Ask an adult to help pierce a milk carton lid using a pin, add water and here you have your very own watering container.



Happy Gardening

Stay Inside

Save Lives

Stay Safe

Keep Smiling

