



plants grow kids

PLANTS AND GARDENING WITH CHILDREN FACT SHEET

Making a Vegetable Garden

There are three things to look at before you put in your garden bed:

The depth of the soil:

Make sure you can dig to a depth of at least 30cm, the soil should be well aerated and easy to work with. If there is not enough depth in the area where you would like to make your vegetable garden you can raise the bed up using sleeper or brickwork (Ask Mum or Dad to help)

The type of soil:

Good loamy soil (a mixture of clay 20%, sand 60% and silt 20%) is the best for vegetable gardens. This type of soil retains good water levels without the soil becoming waterlogged. Loam is also easy to dig in. The soil needs to also be very fertile so ensure you have a good amount of compost in your soil.

The direction your vegetable garden bed faces:

You should try to have your vegetable garden facing north in full sun to ensure your vegetables receives the most sunlight possible. It is also preferable to have your vegetable garden bed in a spot protected from the wind and close to your compost heap.

Now that you have selected the right place for your vegetable garden following the 3 points above, it's time to design the lay out of your beds. This is entirely up to you and depends mostly on how much space you have. Some vegetable gardens are only 1 metre long and some might be a square 5 metres by 5 metres. So long as the depth and soil are right and the bed is facing the right way you will be able to grow great vegetables. Depending on the size of your bed you might need to put a path down the middle to give you access to all your plants. If you are going to make a path think about how wide it needs to be, your parents might help you with a wheelbarrow so make sure it is wide enough.

Depending on where you live, you might want to put a small fence around you vegetable garden to stop it getting eaten by animals.

Now that the vegetable garden bed is ready next step is to sow some seeds or plant some seedlings.

To find out what is in season we will have a vegetable garden update every season in our newsletter so become a [Lil Green Thumb Member](#) for your seasonal update.