



Kids gardening



Healthy & active family fun !

Many of us have favourite childhood memories of time spent gardening with family.

Now create your own gardening memories with this very simple project and grow healthy, chemical-free food!

Spooky pumpkins



Difficulty	Easy
Begin	Indoors March to May Outdoors May
Plant in	Start seeds indoors then plant into the ground or a growbag
Ready	Autumn
Costs	From £1.50 for 10 seeds

Sow each seed into a small container such as a paper cup and keep them moist on a warm windowsill.

Once the frosts are finished (May/June time), the little plants can be planted into the garden - or you can sow directly into the ground or growbag outdoors now. Leave plenty of growing room for each plant. Pumpkins need lots and lots of water every day. Try to water to the side so their 'neck' doesn't rot. Feed with tomato food every 2 weeks. When the pumpkin grows bigger, put something under it so that it's off the soil. This could be an old tile or similar.

Lift in the autumn, cut off the top and scoop out the inside - you can make soup with that.

Now Carve your own spooky pumpkin!