

Food for Thought Newsletter

February

Thank goodness February is short! It can be a nice month though with a lot of dry days and sunshine but of course, cold and windy. Why not get your children to do a bar graph or pie chart based on February's weather? Sunny, rainy, both? This helps us tune into what the weather is really like, and we can choose a sunny dry session to get out and see what's going on in the garden; are those daffodils for Mother's day doing well? Here's a list of little jobs to do before Spring really leaps into action in March and we will be really busy for the rest of the year

Jobs for outside

Gather pots and trays

Grow herbs

Jobs for outside

Take a little look at what's going on with your growing beds. Cardboard might need another layer on any new beds you are making. Get it wet and weight it down. Mother's day daffodils should be doing well. Check they get maximum sun and aren't shaded from the rain. Onions, Garlic and broad beans may be up but will be dormant at present. Carefully hand weed if you see weeds around them. Many hands will make this a quick job.



Gather pots and trays

Most of your seeds will do well if planted in the ground at the right time. But, if you are using pots and trays now is the time to brush them out, dispose of any broken ones and ask for more through your newsletter if you are going to need more than you have got.

Remember, plant labels are essential and if you have none, you can make them from plastic milk containers or buy some in the shops. Wooden lolly sticks are seldom successful after a lot of watering as they bleach out or smudge beyond recognition!



Grow herbs

It makes you feel good to know something is growing. After February half term, get some herb seeds into pots on the classroom windowsill or even buy mint from the supermarket and pot it into a larger pot. Put it somewhere cooler and a bit damp in the class, like next to the sink.

Contact your Uganda School

Let them know what you plan to grow this year, send pictures and tell them how you are planning to eat the food you have grown. Uganda schools don't start their spring term until the beginning of February!



What you can grow

Here are some ideas for you if you want to keep your growing going.

Herbs on a windowsill can bring us a bit of winter cheer. Use recycled plastic lids to keep your windowsills clean and plant herb seeds like basil in pots for the windowsill. Label clearly with the child's name and they can check on them each morning to see how they are doing. Can they use ruler skills to measure their plant's growth and make a bar chart?

Don't forget to book me to come into your school and work with your children and adults—dates are going fast.