

# Summer Growing Challenge

## Can you complete all 30 activities before the end of the summer holidays?

Tick each box as you complete the challenge!

### **Grow**

- ☐ Sow some quick-growing seeds such as salad leaves or radishes.
- ☐ Plant a herb in a pot.
- ☐ Water your plants for a whole week.
- ☐ Harvest something you've grown.
- ☐ Pick herbs to add to a family meal.

### **Harvest & Taste**

- ☐ Eat a tomato straight from the plant.
- ☐ Pick and taste fresh peas.
- ☐ Harvest potatoes and count how many you find.
- ☐ Make a colourful salad using home-grown ingredients.
- ☐ Try a fruit or vegetable you've never eaten before.

### **Wildlife Explorer**

- ☐ Spot five different pollinators.
- ☐ Find a ladybird.
- ☐ Watch a bee collecting pollen.
- ☐ Listen carefully – how many different birds can you hear?
- ☐ Find a worm and learn why it's good for the soil.

### **Nature Detective**

- ☐ Find something red, yellow, green and purple growing.
- ☐ Count how many different flowers you can see.
- ☐ Smell three different herbs.
- ☐ Watch clouds while lying on the grass for five minutes.
- ☐ Find the biggest leaf you can.

### **Grow & Cook**

- ☐ Help prepare a meal using something you've grown.
- ☐ Make a mint drink with fresh mint leaves.
- ☐ Wash freshly picked vegetables ready for dinner.
- ☐ Pick flowers to decorate the table.

### **Be Creative**

- ☐ Draw your favourite fruit or vegetable.
- ☐ Paint a stone to use as a plant marker.
- ☐ Make a simple bouquet using flowers from the garden or allotment.
- ☐ Keep a photo diary of your plants growing.

### **Share & Care**

- ☐ Give some home-grown produce to a neighbour, friend or family member.
- ☐ Tell someone one new thing you've learned about gardening this summer.

## **Bonus Challenge**

Can you grow something that makes:

-  A bee happy
-  A butterfly happy
-  A bird happy
-  And you happy too!

**How many challenges did you complete?**

-  0-10 – Budding Gardener
-  11-20 – Green-Fingered Grower
-  21-29 – Allotment Explorer
-  30 – Summer Growing Champion!