



YORK EDIBLE SCHOOLS

Growing together  
for the future

## A guide to growing in schools

Sponsored by: ASKHAM BRYAN COLLEGE

# Welcome to your guide to growing in schools

York Edible Schools works across Yorkshire to share resources and ideas that enable schools to grow and cook their own food.

Y.E.S. aims to help people learn how to develop healthier lifestyles. We do this by increasing the number of people who grow and cook their own food. By sharing the expertise and support of many partner organisations across the region we enable schools and their communities to digest and enjoy the wide range of healthy benefits that result from digging, weeding, cultivating, chopping, stirring, slurping and 'sow' on....

## Your School Curriculum

"The school curriculum comprises all learning and other experiences that each school plans for its pupils. The National Curriculum forms one part of the school curriculum." (2014 National Curriculum 2.2)

Here are the links to some programmes of study in the new National Curriculum that describe learning around growing and cooking:

- Mathematics Year 1 – Measurement: Pupils should be taught to measure and begin to record lengths and heights.
- Science Year 3 – Plants: Pupils should be taught to explore the part that flowers play in the life cycle of flowering plants, including pollination, seed formation and seed dispersal.
- Design and Technology Key Stage 2 – Cooking and Nutrition: Pupils should be taught to understand seasonality, and know where and how a variety of ingredients are grown.

But there are many other outcomes that you may decide are important to your school curriculum. (And actually most of these are hidden in the National Curriculum anyway....) For example:

- Pupils should be taught to understand the direct benefits of eating fresh fruit and vegetables.
- Pupils should be taught how to grow their own food.
- Pupils should be taught how to teach others to cook healthy meals.
- Pupils should be taught how people in their community can help them to develop healthy lifestyles.



# Fun Facts

**766kg**

World's heaviest pumpkin



**25°C**

Optimum temperature for growing pineapples

**9.3%**

Sugars in an apple



**79ml**

Juice in an orange

**5mm**

Depth of soil for broccoli seeds



**7,500**

Varieties of tomatoes



**88%**

Water in a carrot



**340**

calories/hour

Digging in the allotment



**1586**

Potatoes arrive in Europe

**8 days**

For an onion to germinate



These facts can be used in maths or science lessons! And there are plenty more....



# Planting Plan



This planting plan is just to get you started. These foods are mostly well liked, grow well and are ready to be harvested outside the summer holidays. The best way to develop a planting plan for your school, however, is to experiment!

The food you grow will depend on the size of your growing space, the kind of soil you have and how you are able to manage your growing activities.

Food	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec	
<b>Vegetables</b>													
Garlic	Sow indoors					Harvest						Harvest	
Broadbeans		Sow outdoors				Harvest				Sow outdoors			
Beetroot			Sow outdoors				Harvest						
Broccoli, sprouting	Harvest					Sow outdoors		Plant out/transplant					
Cabbage, winter and savoy	Harvest			Sow outdoors			Plant out/transplant			Harvest			
Swede				Sow outdoors						Harvest			
Rocket		Sow outdoors					Harvest				Sow outdoors		
Leek	Harvest				Sow outdoors			Plant out/transplant	Harvest				
Salad, Spring and Summer			Sow outdoors				Harvest						
Pea		Sow outdoors				Harvest					Sow outdoors		
<b>Fruit</b>													
Blueberries	Sow indoors							Harvest			Sow indoors		
Strawberries			Sow indoors				Harvest				Sow indoors		
Rhubarb	Sow indoors					Harvest			Sow indoors				
Raspberries	Sow indoors						Harvest				Sow indoors		
<b>Herbs</b>													
Sage	Harvest		Sow indoors		Sow indoors		Harvest						
Thyme	Harvest		Sow indoors		Sow indoors		Harvest						
Rosemary	Harvest				Sow indoors		Harvest				Sow indoors		
Mint			Sow indoors		Sow indoors		Harvest						

Key: Sow indoors Sow outdoors Plant out/transplant Harvest

Good websites for growing:

[www.rhs.org.uk/schoolgardening](http://www.rhs.org.uk/schoolgardening) [www.gardenorganic.org.uk](http://www.gardenorganic.org.uk)

Make sure you record your results so you can build on what you learn.... Good Luck!

# Get Cooking!

Finding simple, tasty ways to eat the fruit and vegetables that you grow is an important part of your food culture in school. Here is an example of a recipe that you can cook in school with children and then send home to further encourage your school community to get cooking.



## Leek and Potato Soup

**Ingredients**

50g (2 oz) butter	1 clove garlic, chopped
1 small onion, chopped	3 large leeks, chopped
3 medium potatoes, peeled and diced	900ml (2 pints) chicken stock
Small handful chopped fresh parsley	1 vegetable stock cube
Salt and freshly ground black pepper	

**Method**

Prep: 15 mins > Cook: 40 mins > Ready in: 55 mins

1. Melt the butter in a large saucepan on medium heat, and sauté garlic and onions for a few minutes, stirring frequently.
2. Add the remaining ingredients and bring to the boil. Simmer for 30 minutes.
3. Puree the soup with a hand blender. Add cornflour to thicken the soup if it is too thin.

## Good websites for cooking

[www.foodforlife.org.uk](http://www.foodforlife.org.uk)

[www.greatgrubclub.com](http://www.greatgrubclub.com)

[www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk)

[www.phunkyfoods.co.uk](http://www.phunkyfoods.co.uk)

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

# York Edible Schools

## Aims:

- To increase and coordinate the number of schools across CYC that are involved in growing activities on their school site.
- To provide schools with knowledge, skills and understanding of the benefits of growing AND eating your own fruit and vegetables.
- To facilitate a partnership approach to growing in schools, based on mutual support between schools and supporting organisations.

## Objectives:

- To use activities related to growing and cooking to enhance teaching and learning across and beyond the curriculum.
- To organise activities that raise the profile of growing your own fruit and vegetables, demonstrating a positive impact on the environment, healthy living and community well-being.
- To audit current activities in order to prioritise where action to support schools should be focussed.
- To build case studies of good practice to share learning with all.
- To provide a point of contact and reference to schools that wish to develop growing activities.

Y.E.S. partner organisations are listed on the back cover. Please explore what they have to offer. You will dig up a wide range of support and resources.



**Get in touch!**

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Y.E.S. is supported by:

ASKHAM BRYAN COLLEGE



Yorkshire  
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