



# FOOD EXPLORERS

International Chefs Day  
Garden Project

Let's start



Let's have some fun and grow some of our own!

We have put together some easy tips for you to grow 3  
of our favourite fruits and vegetables,

So, choose the plants you are interested in and check  
the best month to plant from the handy calendar.

Lastly, you will need to gather some materials  
before you start.

Now you are ready to grow!

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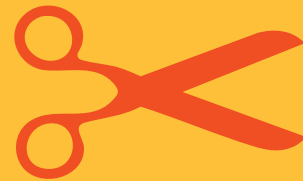


# GROW A GARDEN

## What you'll need



Cardboard egg carton



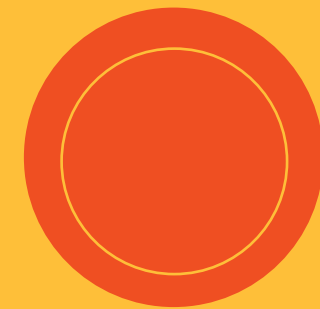
Scissors



Potting soil



Seeds



Waterproof plate  
or tray to set  
the egg cups on

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# DID YOU KNOW?

Cardboard or paper-pulp egg cartons are great for sowing seeds as most are biodegradable\*. Which means your seedling won't get stressed when they are transferred to a bigger container or raised bed because they don't need to be removed from the egg carton. They are also just the right size to get your seedlings started.

\*Always refer to the recycling information on the egg carton before use





# GROW A GARDEN

## Planting seeds

### STEP 1



Cut the cups of your egg carton apart and fill them half way with your potting soil.

### STEP 2



Add the seeds. Be sure not to add too many seeds to each egg cup. Overcrowded seedlings will often die off. Remember that not every single seed will sprout.

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## Planting seeds

### STEP 3



Cover your seeds with a layer of potting soil. Remember to leave the soil slightly loose so your seed is able to germinate.

### STEP 4



Water your seed cups. The paper cups will soak up the water and keep your seeds moist.

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Planting seeds

## STEP 5



Place your seed cups on the waterproof tray in sunlight and make sure to water regularly.

## STEP 6



Use the calendar provided as a guide for when to transfer your seedlings to a bigger container or raised bed outside.





# TIP

Write the names of your seeds on wooden ice cream sticks and stick them in the sides of your seed cups so that you know what seeds are growing in which cup.

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Grow a Garden

# PLANTING INFORMATION

## Blueberries

6-8 hours of sunlight per day.  
8 hours a day for better results.

Keep the soil moist but not drenched.  
Blueberries can be water hungry  
so water often.

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NESTLÉ for  
HEALTHIER KIDS





## Grow a Garden **PLANTING INFORMATION**

### **Carrots**

Carrots prefer sunny locations. 6 to 10 hours of sun. The soil itself should be free-draining.

When transferring carrots to containers or raised beds, they should be at least 8 inches to 12 inches high (20 – 30cm).

Keep the soil moist with frequent shallow waterings. If you put your finger in the ground, it should be moist, but not wet.



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## Grow a Garden **PLANTING INFORMATION**

### **Spinach**

4 to 6 hours of sun. Spinach grows best in full sun or very light shade.

Spinach plants form a deep taproot; for best growth, loosen the soil at least 1 foot deep (30 cm) before planting.

Water spinach frequently to keep the soil evenly moist but not soggy. Regular watering is essential in warm weather.

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Make sure to download the calendar here

Download



# PLANTING CALENDAR

- Sow inside
- Move outside
- Harvest

	Direct sun	Germination	Days till maturity	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Good neighbours	Bad neighbours
 Blueberry		1 month	60-80 days													 Strawberries  Blackberries	 Lettuce  Tomato
 Carrots		7-14 days	60-80 days													 Beans & peas  Tomato	 Potato  Parsnip
 Spinach		7-14 days	37-45 days													 Most fruit and veg	None

Please note. This calendar is an approximate guide only







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Thank you