









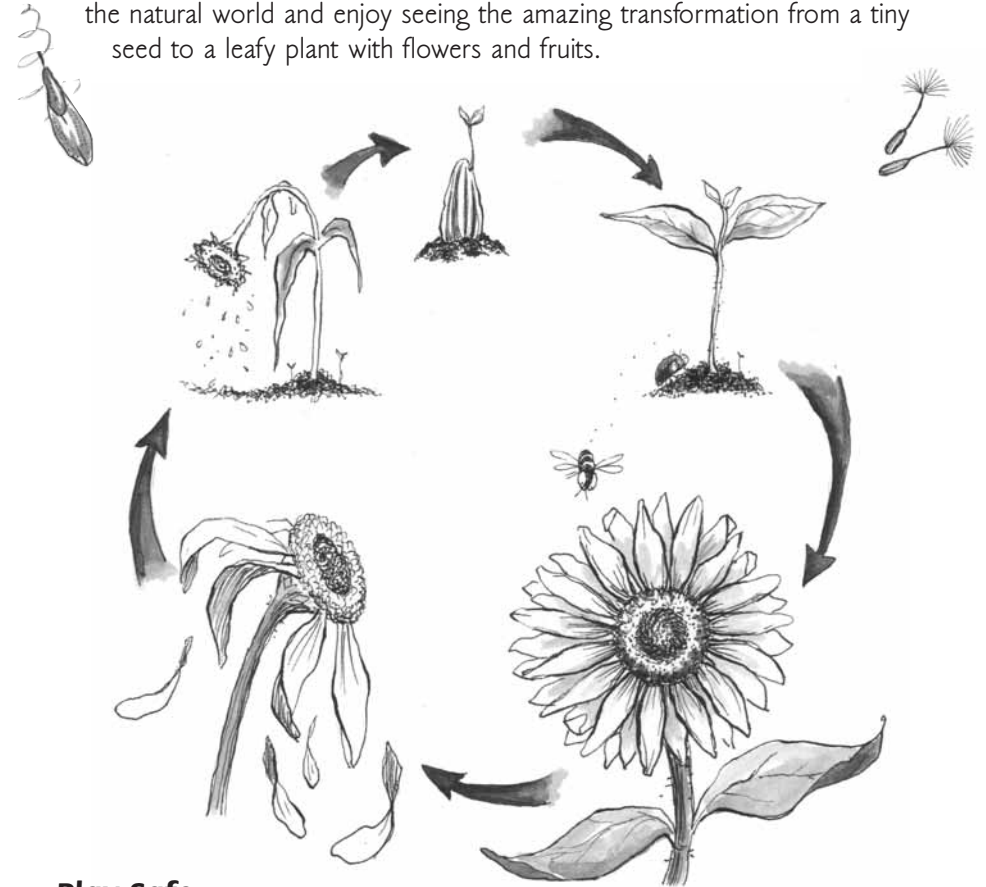
One-Square-Metre Cornfield

With only one-square-metre of garden, children can have great fun and fully experience the complete production process of seeds to bread or porridge oats. Butterflies and other insects and birds will also enjoy your 'weedy' cornfield.

-  Prepare soil, mix in general fertiliser & rake well.
-  From March onwards scatter annual wildflower mixture then make furrows 20 cm apart. Spread 500g of seed corn (barley, oats, rye or wheat) along the furrows (drills), cover by pushing in and patting down the soil on either side.
-  You may need to water if the weather is very dry but the corn and the wildflowers should grow well by themselves.
-  When the corn is ripe (golden in colour with hard seeds), harvest with scissors.
-  Thresh the ears with a rolling pin or piece of wood on a smooth surface.
-  Separate (winnow) grain from the bits (chaff) with paper fan.
-  Mill using a coffee grinder, mortar and pestle or two flat stones.
-  Add your little bit of flour to a bread or oatmeal recipe.

Super-Duper Seeds

Seeds are all around us in all shapes and sizes. Once they start growing they make hundreds of new seeds for free! They are also great for learning and playing. By following a plant through its life-cycle, young children learn about the natural world and enjoy seeing the amazing transformation from a tiny seed to a leafy plant with flowers and fruits.



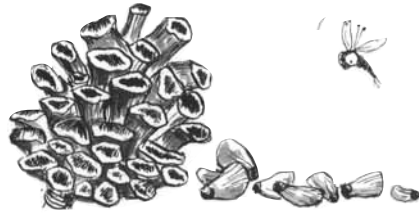
Play Safe

Many common plants have poisonous seeds or berries, such as honeysuckle, laburnum, broom, holly, ivy, privet and old man's beard. Teach children never to touch or eat berries, seeds and flowers (mushrooms and other fungi) unless you know, and have said, they are safe. Only play with seeds, nuts and fruits of recognised human food plants. Keep seed collections and packets out of children's reach.



Fun With Seeds

Collect beech and hazel nuts, acorns, conkers and chestnuts. Play with some and plant others in small pots, dug into the garden over winter.



Bring a pine cone into the house. As it dries it will open up and look twice as big, and if you shake it papery seeds will fall out. What happens if the cone is soaked again?

Thread colourful leaves, safe berries and fruits (e.g. rose hips, rowans, quinces) and nuts and cones to make an autumn decoration.



Sprout acorns, hazels or conkers in the spring.



Have an outdoor shop selling flowers & mud pies and use big seeds as money.

Plants Have No Legs But They Still Get About!

Discover all the ways which plants use seeds to get around the garden:

Fliers



...count the hours...



catch a fairy...
make a wish...
let it go...



single wings swirl best...

Food Traders



seeds fly away with the birds and come out unharmed in their droppings

Hitch-hikers



...how far could these seeds travel?...

Exploders



see if you can spot the seed case which just pinged open. Pretend to be a seedpod - curl up tight, then jump up with arms outstretched - shout ping!

Shakers



top tap... shake shake... seeds fall to the earth...