



Welcome to

LITTLE
ROBINS



Introduction

Little Robins is designed to help young growers learn about growing plants for food and cooking healthy meals.

The course covers how to grow food in an environmentally friendly way and is set out as seven core topics, supplemented by at least three additional activities to suit individual interests.

There is no specific order to undertake most of the activities as this will vary depending on when you start and the time of year.

On completion, young growers receive a Little Robins Certificate from Abundant Borders

Core Activities



●—○ **Seed Sowing**

Sowing seeds indoors and outdoors, how to label, filling compost trays

●—○ **Potting On**

Pricking out seedlings and choosing the right pots

●—○ **Propagation**

How to take cuttings, how to collect seeds, how to split plants

●—○ **Cultivation**

How and why to dig, hoe and rake

●—○ **Plant Care**

Watering, dead-heading, weeding and mulching

●—○ **Composting**

What to compost and what not to compost. Avoiding waste

●—○ **Harvesting**

How to pick a crop and how to use/cook fruits and vegetables

Additional Activities

Additional activities are things that are important to you or you want to learn more about, for example:

- Garden Maintenance, helping keep the garden tidy
- Recycling and reusing household materials
- Making a birdbox
- Making a bug hotel
- Painting a window box or plant pot
- Making a garden ornament
- Feeding the birds
- Photographing flowers in the garden

These extra activities can be completed whenever you like. If you are short of ideas for activities, don't worry, you don't need to decide straight away. You will get ideas as you learn, and we are here to help with ideas and encouragement.

How it Works

A decorative graphic on the left side of the slide. It features two stylized green leaves: a smaller one on the left and a larger one with detailed vein patterns on the right. There are also two light blue circles, one at the top and one at the bottom left, partially overlapping the leaves.

Each young learner has to show that they have been able to complete each of the seven core tasks and at least three additional activities.

This can be done by using this template (in Powerpoint) and by including photographs of each activity.

Alternatively, young learners can submit their own portfolio (as a Word document), again including a record of the activities undertaken, with dates and photographs.

Abundant Borders has notes on-line to help with each activity and can answer questions through the Facebook page.

Ready to Start?



- Name:
- Age:
- Town/City

1. Seed Sowing



Planting seeds is the best way to get lots of plants

1. Always use very clean pots and trays and a good seed compost. Don't use garden soil – it's too variable and full of unwelcome beasties
2. Make sure seeds aren't past the "use by" date
3. If sowing directly into the ground, rake the top lightly to create a good seedbed
4. Always follow the instructions on the packet
5. Always label pots and trays, as plants look quite similar when they first start to grow
6. Always water-in newly sown seeds, as they need plenty of moisture to start to grow
7. It is best to cover seed trays with a clear plastic lid (or plastic film) to hold in the moisture.
8. Once leaves start to show, remove the lid to allow the air to circulate
9. You may need to protect seeds sown outdoors from pests

Seed Sowing Record



Date: Activity:

2. Potting On

Seedlings should be potted on so that they don't get too bunched together in the seed tray

1. Get ready for potting on by watering the seedlings in the tray and by filling up small plant pots with compost
2. Always handle seedlings by a leaf, never by the stem
3. Gently remove the seedlings from the compost tray. The end of a pencil is a good tool for this
4. Make a small hole in the compost in a plant pot and drop the roots of the seedling into the hole
5. Gently firm the compost around the seedling with your fingers
6. Water the seedling using water that has been allowed to warm up to room temperature
7. Place the seedlings in a light, frost-free place to grow on

Potting On



Date:
Activity:

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3. Propagation

Plant propagation is the process which grows new plants from seeds, cuttings, and other plant parts

Activities can include:

1. Seed collecting and sowing
2. Taking and planting cuttings
3. Splitting existing plants to make new ones

Propagation



Date:
Activity:

Date: Activity:

4. Cultivation

In order to cultivate plants the soil should be well prepared

Activities can include:

1. Using a spade
2. Using a hoe
3. Using a rake

Cultivation



Date:
Activity:

Date: Activity:

5. Plant Care

For plants to grow well they need to be looked after

Activities can include:

1. Weeding
2. Watering
3. Taking away dead flowers and leaves

Plant Care



Date:
Activity:

Date: Activity:

6. Composting



Composting is a way of producing new soil for the garden from garden and household waste

Activities can include:

1. Collecting leaves for the compost
2. Collecting grass cuttings for the compost
3. Taking away kitchen vegetable peelings for the compost
4. Making a compost heap in the garden

Composting



Date:
Activity:

Date: Activity:

7. Harvesting



Harvesting food from the plants is a great way to celebrate success of the growing season

Activities can include:

1. Picking berries and fruits
2. Digging up potatoes and carrots
3. Picking peas, tomatoes and beans
4. Picking herbs and salad leaves

Harvesting



Date:
Activity:

Date: Activity:

Additional Activities

Additional activities are things that are important to you or you want to learn more about.

Maybe painting in the garden, making something for the birds, drawing pictures or taking photographs. There are lots of things to choose from.

Have a think about what you would like to do and then choose three to get going with.



Additional Activities Record



Date: Activity 1:

Additional Activities



Date:
Activity 2:

Additional Activities



Date: Activity 3:

Additional Activities...continued

You can do more activities if you like!

Date:

Additional Activities Completed

Date: Additional Activities Completed



HAVE

FUN

Any questions please contact
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