

# Seed sowing basics



## Lesson Report

**Growing plants from seeds** is one of the easiest – and cheapest – ways to produce fantastic food that is not only healthy but also environmentally friendly.

In this hands-on lesson, urban farming consultant Jon Walsh showed Josie's Grade 1 students how to sow seeds – a fundamental skill of growing food.

They then quickly created their own flower pot fence garden, which, if expanded, could produce large amounts of fresh, healthy food on site.



Jon explaining what students will be able to accomplish.

### What did students learn?

- How to sow seeds
- The 3 key ingredients of plant growth: soil, sunlight and water
- The crucial role healthy soil plays in healthy food
- How seeds grow into plants
- How to build a fence garden.



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Each student sowed seeds in a flower pot using the all-important rule to successfully germinate seeds: covering them with 1 cm of soil.

Students also learnt about the harmful effects of introducing chemicals into the growing process, as well as about the **“Bonsai effect”** –

Small pot → Small plant → Small harvest.  
Big pot → Big plant → Bigger harvest.

Forty minutes and one amazing fence garden later, class dismissed – mission accomplished!

