

The Royal Horticultural Society

Horticultural Advisory Services

May 2006



Gardening with Children

Plants for children to grow

Suppliers' seed ranges aimed at children

Johnson Seeds

Website: www.johnsons-seeds.com
'Children's Flower/Veggie Fun Collection'

Tel: (01638) 554123

Sarah Raven

Website: www.thecuttinggarden.com
vegetable seed collection pack for children and some children's gifts

Tel: (01424) 838181

Suttons

Website: www.suttons-seeds.co.uk
Seed Squad' attractive, brightly coloured packaging using plant and vegetable characters to get children interested.
Intention to extend the range to bulbs

Tel: (01803) 696321

Unwins Seeds Ltd

Website: www.unwins-seeds.co.uk
Seeds 4 Kids' range is colourful and designed to interest children in gardening

Tel: (01945) 588522

Some easy seeds to grow

Acer pseudoplatanus (sycamore)
Aquilegia (granny's bonnets)
Calendula officinalis (pot marigold)
Centaurea cyanus (cornflower)
Cosmos
Helianthus annuus (sunflower)
Lathyrus odoratus (sweet pea)
Nicotiana (tobacco plant)
Nigella damascena (love-in-a-mist)
Papaver (poppy)
Quercus robur (common oak)
Tagetes (French or African marigold)
Tropaeolum majus (nasturtium)

Some easy plants to grow

Alchemilla mollis (lady's mantle)
Campanula
Fragaria vesca (wild strawberry)
Geranium (cranesbill)
Lavandula (lavender)
Myosotis (forget-me-not)
Passiflora caerulea (passion flower)
Primula (primrose and polyanthus)
Sempervivum (houseleek)
Stachys byzantina (lamb's ears)
Viola (pansy)

Fruit and vegetables to grow

Allium cepa (onion)
Beta vulgaris (beetroot)
Beta vulgaris (Swiss chard)
Cucurbita pepo (courgette)
Daucus carota (carrot)
Fragaria x annanassa (strawberry)
Lactuca sativa (lettuce)
Phaseolus coccineus (runner bean)
Raphanus sativus (radish)
Solanum tuberosum (potato)
Spinacea oleracea (spinach)
Vicia faba (broad bean)

Herbs to grow

Allium schoenoprasum (chives)
Artemisia dracunculus (tarragon)
Coriandrum sativum (coriander)
Foeniculum vulgare (fennel)
Helichrysum italicum (curry plant)
Laurus nobilis (bay)
Lavandula (lavender)
Mentha spicata (spearmint)
Origanum vulgare (marjoram)
Rosmarinus officinalis (rosemary)
Salvia officinalis (sage)
Thymus (thyme)

Children of all ages can visit the Garden Organic's new Vegetable Kingdom at:
Ryton Organic Gardens in Coventry
 website: www.gardenorganic.org.uk/vegetable_kingdom

Tel: (0247) 630 3517

Sensory plants to stimulate children

<p>a) Sight <i>Alchemilla mollis</i> (lady's mantle) <i>Hakonechloa macra</i> 'Aureola' <i>Heuchera</i> 'Chocolate Ruffles' <i>Hosta</i> <i>Nigella damascena</i> (love-in-a-mist) <i>Sedum</i> Swiss chard 'Bright Lights'</p>	<p>b) Sound grasses that rustle in the breeze - incorporate with wind chimes, water features etc.) bamboos <i>Briza maxima</i> (quaking grass) <i>Miscanthus sinensis</i> <i>Nigella damascena</i> (love-in-a-mist) – rattling seed heads <i>Pennisetum alopecuroides</i> (fountain grass) sweet corn</p>
<p>c) Touch <i>Eryngium</i> (sea holly) - prickly <i>Petunia</i> – sticky <i>Phlomis fruticosa</i> (Jerusalem sage) – soft, furry <i>Salvia argentea</i> (silver sage) – soft, furry <i>Sempervivum</i> (house leek) - hard <i>Stachys byzantina</i> (lamb's ears) – soft, furry</p>	<p>d) Smell <i>Cosmos atrosanguineus</i> (chocolate cosmos) <i>Helichrysum italicum</i> (curry plant) <i>Heliotropium arborescens</i> (heliotrope) – cherry smell <i>Lathyrus odoratus</i> (sweet pea) <i>Lavandula</i> (lavender) <i>Matthiola incana</i> (stock) <i>Melissa officinalis</i> (lemon balm)</p>
<p>e) Taste <i>Acca sellowiana</i> - edible flowers, sweet chives <i>Hemerocallis</i> (day lily) - edible flowers, sweet strawberry <i>Tropaeolum majus</i> (nasturtium) – edible flowers, peppery <i>Viola</i> (violet) - edible flowers, sweet</p>	

Children's tools and gloves

Brio

website: www.brio.co.uk

Tel: (01509) 231874

Brio Wooden Garden Tool range available on-line. Range includes hand tools, wheelbarrow, pails and watering can

BTCV Enterprises Ltd

website: www.btcv.org

Tel: (01302) 572244

'Junior' fork, rake and hoe

Bulldog Tools Ltd (Record Holdings Plc)

Website: www.bulldogtools.co.uk

Tel: (01279) 401572

produce a child's range of tools, which comprises of a spade, fork and hoe. They are made from the same durable materials as the adult range, i.e. pressed steel head, hardwood shaft and polypropylene handle

www.gonegardening.com

range of children's gardening tools, wheelbarrows and gloves, including ranges by Wolf Garden and Wilkinson

orders by phone: (0870) 068 3690

Sword (Fiskars UK Ltd) - Tel: (01656) 655 595

Parasene

Website: www.parasene.co.uk

Tel: (0121) 508 6570

'Little Ones' range of children's tools

Town & Country

Website: www.townandco.com

'Helping Hands' range of children's gloves

Tel: (01530) 830990

Wolf Garden Ltd,

Website: www.wolf-garten.co.uk

Multi-change® junior lightweight children's' tool range, children's aprons and gloves

Tel: (01495) 306600

Playhouses and equipment

✓ The Children's Cottage Company

The Sanctuary, Shobrooke, Crediton, Devon EX17 1BG

Website: www.play-houses.com

playhouses and child-size furniture

Tel: (01363) 772061

Jungle Gym BV

PO Box 75083, 1070 AB Amsterdam, The Netherlands

website: www.junglegym.info

modular DIY children's play apparatus

Tel: (0031) 204081376

Kingwell Projects

The Coach House, Kingwell Hall, Hayeswood Road, Timsbury, Bath BA2 0HH

Website: www.gazebokits.co.uk/

supply and deliver handmade gazebos in kits to the UK and most worldwide locations

Tel: (01761) 471444

✗ Matabu Ltd

Bellswood, Sheephouse Green, Abinger Hammer, Surrey RH5 6QW

Website: www.matabu.co.uk

treehouses and playhouses

Tel: (01306) 875409

MPB Garden Buildings Ltd

Coppice Gate, Lye Head, Bewdley, Worcestershire DY12 2UX

Website: www.themalverncollection.co.uk

✗ *summerhouses and playhouses*

Tel: (01299) 266000

Newline Garden Buildings

Baltic House, Longrock, Penzance, Cornwall TR20 8HX

✗ *summerhouses and playhouses*

Tel: (0800) 9808020

Safapond Ltd

Unit 6, Cornel Court, Forest Town, Mansfield, Notts NG19 0NF

Website: www.safapond.com

Heavy duty grid system cover for garden ponds which will take the weight of a child or animal. Also, alarm system which sounds on impact

Tel: (01623) 428873

Technix Rubber and Plastics Ltd

Website: technix-rubber.com

make environmentally friendly, non-slip, rubber safety surfacing for children's playgrounds, swimming pool surrounds, patios, and paths. Comes in colours with lettering or symbols/pictures

Tel: (0800) 216633 or (01489) 789944

Useful websites

www.aggie-horticulture.tamu.edu/kindergarden/kinder.htm

an American website with some useful tips and project ideas

www.bbc.co.uk/gardening/children

BBC website dedicated to gardening with children, compiled in collaboration with the RHS. Full of practical advice and ideas

www.kidsgardening.com

some interesting articles on projects for children of different ages

www.raringtogrow.com

gardening projects for the school and the home

www.raw-connections.com/garden/

Canadian website for children interested in gardening

www.thetomatozone.co.uk

British Tomato Grower's interactive website on the topic of tomato growing, fun for children ages 5-11

Books for gardening with children

Great Gardens for Kids by Clare Matthews, published by Octopus Publishing Group, 2002
ISBN 0-600-60516-7

Lets Go Gardening! A Young Person's Guide to the Garden, by Ursula Krüger, published by Lutterworth Press,
ISBN 0-7188-2879-8

The Family Garden by Clare Bradley, published by Lorenz Books, 1997, ISBN 1-85967-274-4

Safety in the garden

Points to remember when gardening with children:

1. Avoid using potentially harmful plants in the garden. These include plants with attractive but poisonous fruit, plants with irritant or toxic sap, and plants with sharp foliage or spines. For a list of potentially harmful plants see RHS Advisory Leaflet "Take Care, Be Aware"
2. Keep dangerous tools and machinery in a locked shed. Instruct children in how to handle gardening tools safely, such as walking with pointed ends down and not leaving garden rakes with the prongs upwards. Use cane toppers to prevent damage to eyes
Keep garden fertilisers and chemicals in a locked cupboard or shed and make children aware of the danger
3. Encourage good hygiene by getting children to wash their hands after gardening and before eating. Getting children used to wearing gloves when gardening will help protect them from harmful diseases in the soil. Ensure tetanus jabs are up to date. If possible, keep dogs and cats from fouling in the garden
4. In hot weather take care that children have sufficient sun protection and drink regularly. In cold weather be sure that children have sufficient clothing to keep warm
5. Provide soft surfaces such as bark chips or synthetic mats (see under suppliers for Technix Rubber and Plastics Ltd.) beneath areas where children may fall, such as swings and climbing frames
6. Ponds and swimming pools are a major hazard in gardens where children play and children should be supervised at all times. Where possible, fence off a pond or cover it with a solid metal grid (see under suppliers for Safapond Ltd.). Empty out paddling pools when not in use. Consider filling in small ponds while children are young. Using the pond as a sand-pit or decking area is a good idea and means the pond can be refilled when the children are older. Safe water features include rills, pebble fountains and wall-mounted fountains.

For more information on pond safety check out the Royal Society for the Prevention of Accidents website set out below:

The Royal Society for the Prevention of Accidents
Edgbaston Park, 353 Bristol Road, Edgbaston, Birmingham B5 7ST
Website: www.rospa.com
useful pond safety factsheet on website

Tel: (0121) 248 2000

For an Alternative Format of This Leaflet please call 020 7821 3000, or textphone
18001 020 7834 4333, or email membership@rhs.org.uk



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