

## ©Green Harvest Guide - Seed Sowing with Kids

Seeds	Reason for growing it	Large seed	Fast-growing	Easy for seed saving	Eat raw
VEGETABLES					
asparagus	perennial; hardy	√			√
bean	observe germination	√√√	√	√	
beetroot	self-sows easily	√		√	√
bok choy	easy to grow	√	√		
broad beans		√√√		√	
broccoli	easy to grow	√			
Brussels sprouts		√			
bunching leeks	perennial	√			
bunching onions	perennial	√			
capsicum		√		√	√
cauliflower		√			
celery					√
Chinese cabbage / wong bok		√	√		√
corn	observe germination	√√√			
cucumber	prolific; easy to grow	√√	√	√	√
eggplant		√			
English spinach			√		√
gourd	use in craft	√√		√	
kale	easy to grow	√			
lettuce	self-sows easily		√	√	√
luffa	easy to grow; use in craft; grow your own bath sponge	√√			
mizuna	easy to grow	√	√	√	√
mustard	easy to grow	√	√	√	√
okra	easy to grow	√		√	
onions		√			
parsnip		√			
pea/snowpea	easy to grow	√√√		√	√
pumpkin	easy to grow; needs space	√√		√	
radish	fast-growing	√	√√√		√
rocket	easy to grow	√	√√	√	
rockmelon		√√		√	√
rosella	easy to grow; wide range of uses	√		√	
silverbeet	easy to grow	√			√
snake bean	climber	√		√	
sorrel	perennial				√
soya bean	easy to grow; wide range of uses	√			
strawberries					√
tomato/cherry tomato	easy to grow	√			√
turnip	easy to grow	√			
warrigal greens	bush tucker	√		√	
watermelon	needs space	√		√	√
zucchini	easy to grow	√			

Green Harvest Organic Gardening Supplies  
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<b>HERBS</b>					
mint	perennial; easy to grow; wide range of uses				✓
pennyroyal	pest repellent				
feverfew	pest repellent				
bay tree	pest repellent				
oregano	pest repellent; use on pizza				
chilli	easy to grow; make homemade bug spray				
thyme	pest repellent; perennial				
basil	self-seeds easily; fast-growing		✓	✓	✓
parsley	wide range of uses; easy to grow; self-sows easily	✓		✓	✓
coriander	wide range of uses; easy to grow; attracts good bugs	✓	✓✓	✓	✓
dill	wide range of uses; easy to grow; attracts good bugs	✓	✓	✓	✓
sage	pest repellent; perennial				
lemongrass	wide range of uses; perennial				
rosemary	pest repellent; perennial				
ginger	perennial				
marjoram	perennial				
<b>FLOWERS</b>					
Good Bug Mix	attract a range of beneficial insects		✓		
sunflower	tall, robust plant; big flowers; large edible seed	✓✓	✓	✓	
nasturtium	bright flowers; edible leaves and flowers; easy to grow	✓✓	✓		✓
<b>GREEN MANURE</b>					
cowpea	easy to grow	✓✓			
lab lab	easy to grow	✓✓			
mung	grow sprouts	✓✓			
pigeon pea	easy to grow	✓✓			
alfalfa	grow sprouts				

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