

Kids Grow Carrots

Carrots are crunchy, tasty and nutritious - and they taste even better when you grow them yourself. They're also really easy to grow - even if you don't have much space.

If you grow your own, you don't have to stick to the orange ones you get from the supermarket. Carrots also come in yellow, red, white - even purple!

Coloured carrot varieties

'Honeysnax'

Orange

'Yellow Bunch'

Yellow

'Cosmic Purple'

Purple

'Atomic Red'

Red

What you'll need:

- Carrot seeds
- A patch of ground - or containers that are at least 45cm deep
- Multipurpose compost (if you're using containers)

Why should you eat them?

Carrots don't actually make you see in the dark - but they do contain vitamin A, which is good for vision. They're also packed with lots of other vitamins and nutrients, which make them a great health food:

Vitamin A:

Good for your vision, bones, teeth and skin - and important for your growth and immune system.

Potassium

Keeps your heart healthy and helps plenty of blood to get to your brain.

Vitamin B6

Converts food into energy, and helps to reduce stress.

Did you know?

Carrots used to be purple! The orange ones we eat today were invented about 400 years ago to honour the Dutch royal family.



1
Dig the soil over
Photo credit: nosyrevy/ Shutterstock



2
Sow your seeds in rows
Photo credit: Lipatova Maryna / Shutterstock



3
Water your carrots
Photo credit: Jurga Jot, Shutterstock

Step 1: Prepare the ground

- Carrots grow best outdoors in soft ground - but you can also grow them in containers.
- If you grow them in the ground, dig over the soil first, so there are no lumps or stones. (Ask an adult to help!)
- Make rows in the soil - about 1cm deep and 15-30cm apart.

Step 2: Sow your seeds

- Most carrots can be sown from late March to early July.
- Sow your seeds thinly in your soil rows, 5-7cm apart.
- Cover the seeds with 1cm of soil, and gently water them.
- When the seeds start to grow, thin them out if they're too close together.
- You should be able to harvest them 12-16 weeks after sowing!

Step 3: Look after your crop

- Carrots don't need a lot of watering - but don't let them dry out.
- Weeds can crowd them out, so weed between the rows.
- Be careful not to crush the green carrot tops - the smell attracts carrot flies!
- If the 'shoulders' of your carrots start to show above the ground, cover them with soil.