

Kids Grow Courgettes

Courgettes are also known as 'zucchini'. They're incredibly easy to grow, and you don't need much space. Small, bushy varieties are best for growing in containers.

Courgettes can be used in lots of things such as salads and pasta sauce. You can slice them into thin strips called 'courgetti' (like spaghetti) - and even use grated courgettes to make cakes! The flowers are edible too.

Popular courgette varieties

'Midnight'

Small and bushy

'Black Forest'

Climbing courgette plants

'Eclipse'

Round and stripy fruits

'Parador'

Yellow fruits

What you'll need:

- Courgette seeds
- Small pots (e.g. yoghurt pots)
- 10-litre containers (bucket-sized)
- Multipurpose compost
- Liquid tomato plant feed

Why should you eat them?

Courgettes contain more potassium than bananas! They're also loaded with lots of other important vitamins and nutrients:

Vitamin C:

Good for your immune system, skin, blood vessels and bones - and helps with healing wounds.

Potassium:

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

High fibre:

Keeps your digestive system in top condition.

How big?

The world's largest courgette weighed 29.5kg. As heavy as a Labrador dog!



Step 1: Start your courgettes indoors

- Make some drainage holes in your yoghurt pots and fill with compost.
- Push your finger into the soil to make a little hole.
- Plant each seed on its edge (not flat) 1cm deep, and sprinkle soil over the top.
- Keep the soil moist and cover with cling film until the seed germinates.

Step 2: Plant them in containers

- Once your plants are big enough to handle, they can move into the large containers.
- Make sure there are drainage holes in the bottom, and fill them with compost.
- Keep the soil moist.
- If you move your seedlings into big containers when there's no more chance of frost, they can stay outdoors.

Step 3: Care for your courgettes

- Keep your courgettes in a sunny spot and water them every day.
- Once they start flowering, add a little liquid tomato plant feed to the water once a week.
- Bees and butterflies will pollinate the flowers so that they produce fruit.
- Courgettes are best at around 10cm. Pick them before they get too big!