

Radishes

Radishes aren't too fussed with where you plant them and grow very quickly, making them a great starter vegetable for kids to plant in their very own veggie garden. Sprouts will appear in a few days and your first harvest will be ready within 30 days!



Carrots

Carrots, when grown in spring or autumn, will be ready to harvest in a few weeks. They grow really well in deep pots as well, so if you aren't able to set aside a spot in your garden or if you don't have a garden then this would be the perfect choice. Carrots are also used in a wide variety of meals both savoury and sweet!



Peas

Peas are a little harder to get going. They are best planted in early spring. Kids love picking fresh peas and they can be dried and saved to use as seeds in the next season. Peas are also an excellent form of protein and have the added advantage of being fun to eat!



Lettuce

Lettuce is quick to grow and doesn't need full sun. If you're able to buy lettuce from a seedling tray instead of starting with a seed it will cut your time to harvest even more. You'll probably get a few varieties to choose from. Salads will be a lot more fun soon!



KID-FRIENDLY veggie gardening

Remember to share your veggie growth journey with us on social media by using the hashtag [#ACFSgrowtogether](#)