

# Veg Power!

These activities focus on the goodness of vegetables and the importance of including them in our diet. It is the time of year when more British grown vegetables become available – in fact the vining peas growing at the Hirsell and other farms around Eyemouth will be beginning to be harvested over the next few weeks. Perhaps you are already enjoying some vegetables that you have been growing in your garden.



## Activities:

1. **The Pea Story** – learn about the journey of the Garden Pea from field to fork and tell the story in your own way.
2. **Where do the vegetables (and fruit) you eat come from?**  
Investigate where the vegetables and fruits you eat are grown and harvested.
3. **Eating a rainbow?** Keep track of the colours of vegetables and fruit that you eat in a week!
4. **Grow your own veg!** Ideas of how to grow some vegetables of your own in a small space and keep the food miles down
5. **Make a Quick and easy Healthy Vegetable Pizza** – a quick and easy pizza recipe using UK grown vegetables if possible and including many colours.



# The Pea Story

The Hirsell has been growing peas as part of Scottish Borders Produce Ltd, a growers co-operative, for many years contributing to the 3000 hectares of vining peas grown within a 30 mile radius of the factory (Eyemouth Freezers Ltd) in Eyemouth. This is so that the peas are frozen within 150 minutes of being harvested, preserving their natural quality and taste.



The planning of the pea crop starts in the autumn with the securing of suitable land. Drilling (sowing) takes place in spring, with harvest beginning in this area towards the end of June and through July for about 9 weeks depending on the weather, operating round the clock, 7 days a week for as long as there are peas available. It involves 4 viners, 4 fast tractors and trailers for delivering peas to the factory, a tractor with a high-lift trailer for collecting peas off the viners and loading the road trailers, a fleet of support vehicles and two full shifts of drivers and engineers to keep them going.

## **Here are some videos to help you learn more:**

The story of Peas from field to fork:

<https://www.youtube.com/watch?v=qnhqkhEVZuI>

Harvesting peas – SBP's viners are red!:

<https://www.youtube.com/watch?v=0y2ikOQ8GkQ>

How a pea viner works:

<https://www.youtube.com/watch?v=ykKLIXTqIbl>

**Tell the story of peas from field to fork** - design a poster, a zig-zag book, a cartoon strip, or a power-point

**If you live in the pea growing area look out for the hard-working pea harvest happening soon!**

# Where do the vegetables (and fruit) you eat come from?

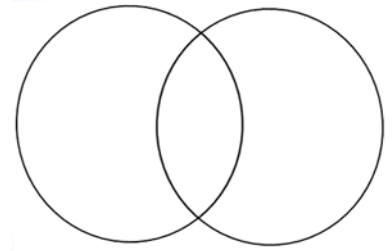
The peas we eat are grown in this country, harvested in the summer but available all the year round because they are frozen.



Are the other vegetables and fruit you eat grown and harvested in the UK or the rest of the world?

## What to do:

1. On a large sheet of paper draw 2 big circles like these (draw round a dinner plate).
2. Mark one circle the **UK**, the other **Rest of the World**.
3. Hunt in your vegetable basket, fruit bowl, fridge, freezer, cupboard, garden etc for all the vegetables and fruit your family will eat. (remember tins, frozen, dried, juices count too)
4. Check their labels and find out where they come from – sometimes they don't help much unfortunately!
5. Draw or write them in the correct circle.
  - If you find they are grown in the UK, but you think they don't always, put them in the overlapping part.
  - Similarly, if they come from other parts of the world but you know they can also be grown in the UK put them there too.
6. What do you find, do you eat mostly UK or world produce?



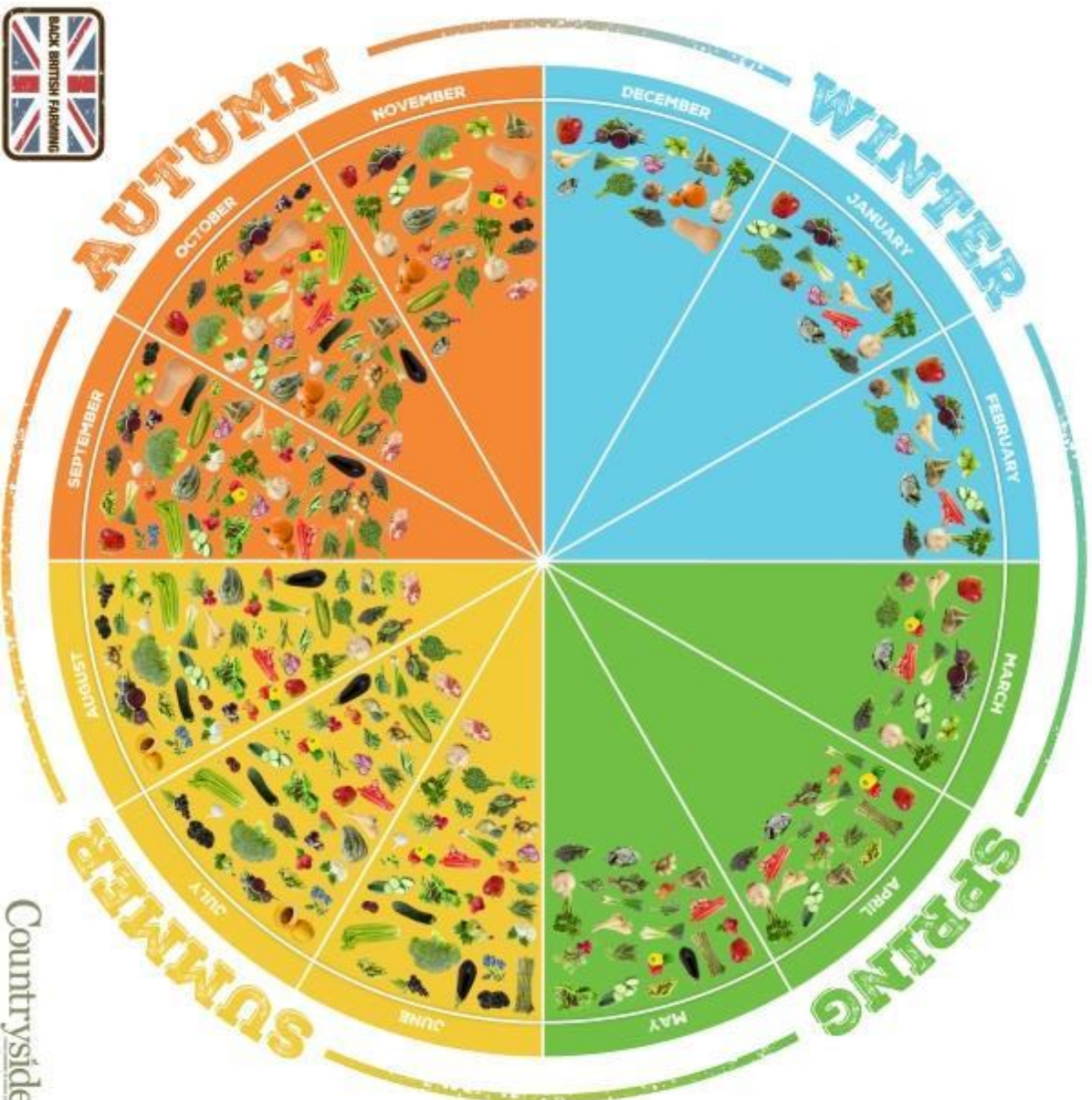
It is good to eat produce **grown in the UK** as much as we can. Bringing it from around the world uses lots of energy so harms the environment. Sometimes growing methods use lots of water and mean large areas are covered in glass or plastic. Being aware of the seasons for vegetables and fruit helps – that is when they are ready for eating, as what comes from where varies throughout the year. Just now we can buy salads and soft fruit grown in this country but that is only for the summer. We need to change what we eat throughout the year to follow the season.

The following chart shows what British produce is available when.



# NFU Great British LARDER

A-Z of British produce available in shops during the year.



Countryside

Many fruits and vegetables\* are harvested throughout the year using different technologies. Because of longer growing seasons and good storage conditions, some British crops - like carrots, cauliflowers, potatoes and frozen British peas - are available to eat all year round, while others are more seasonal. Check out when your favourite seasonal British fruit and vegetables will be ready to buy in shops and markets.

\* British lamb has also been included as that is seasonal.

APPLES	CUCUMBERS	PLUMS
APRICOTS	DWARF BEANS	PUMPKINS
ASPARAGUS	FLAT BEANS	PURPLE BROCCOLI
AUBERGINES	FENNEL	RADISHES
BEETROOT	GARLIC	RASPBERRIES
BLACKBERRIES	GLOBE ARTICHOKES	RED CUCURRANTS
BLACKCURRANTS	GOOSEBERRIES	RHUBARB
BLUEBERRIES	JERUSALEM ARTICHOKES	ROCKET
BROAD BEANS	KALE	RUNNER BEANS
BROCCOLI	LAMB	SPINACH
BRUSSELS SPROUTS	LEeks	SPRING GREENS
BUTTERNUT SQUASH	MARROWS	SPRING ONIONS
CELERIAC	NEW POTATOES	STRAWBERRIES
CELERY	PARSNIPS	SUGAR SNAP PEAS
CHARD	PEARS	SWEETCORN
CHERRIES	PEAS	TURNIPS
COURGETTES	PEPPERS	WATERCRESS

## Vegetables all YEAR

= ROUND =

SWEDES	SALAD CRESS	PAK CHOI
CARROTS	MUSHROOMS	CAULIFLOWERS
CHICORY	POTATOES	TOMATOES
CABBAGES	LETTUCE	ONIONS



# Do you eat a rainbow?

We all know that vegetables are full of goodness – vitamin, minerals and fibre, and that we should eat at least 5 portions of fruit and vegetables a day.

Eating a variety is important, as different fruits and vegetables contain different amounts of these vitamins and minerals which are the vital to keep us healthy.

## A good way to think of this is to eat a rainbow

### What to do:

1. Print off the rainbow outline attached or draw your own – 5 stripes will give the effect.
2. As you go through the next week draw the vegetables and fruit that you eat in the correct stripe.  
From the inside this will be **blue/purple, green, yellow, orange red. White** ones can go in the clouds
3. How many different vegetables and fruits are in your rainbow?  
Which colour do you eat most of?  
Which colour do you need to try and eat more of?  
Can you manage to have at least 3 in each stripe?



## Eat a Rainbow!

*Make half your plate fruits and veggies*



# Grow your own veg!

Maybe you are already growing your own veg but if not, it's not too late to have a go! That way the food miles will be zero!

## What you will need:

- A large container with drainage holes in the bottom All sorts of things can be used – a bucket, an old wheelbarrow, a wooden crate, an old plastic storage box.  
Alternatively, you might have or a small area in your garden you could use – it doesn't need to be huge. See [https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/Nat%20Children%27s%20Gardening%20Week%20activity%20sheets\\_Pizza%20Wheel.pdf](https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/Nat%20Children%27s%20Gardening%20Week%20activity%20sheets_Pizza%20Wheel.pdf)
- Compost
- Sticks/shells/pebbles for marking beds
- Seeds – small, quick growing varieties are best eg lettuce, spring onions, radishes, peas for pea shoots, spinach, chives
- Watering can
- Plant labels/lolly sticks/plastic strips cut from old margarine tubs
- Permanent pen

## What to do:

1. Ask an adult to make drainage holes in the container base.
2. Place your container somewhere sunny and fill with compost to about 5 cm from the top, gently firming down as you go.
3. Divide your garden into 'beds' according to how many seeds you want to grow with sticks, shells or pebbles.
4. Water the compost, then gently and sparingly scatter the seeds you want in each section. Cover with a light layer of compost. Remember to label each one.
5. Keep your garden watered and harvest your crops when they are ready! Maybe you could add them to your pizza!

If you want to grow indoors here is an idea for a cress caterpillar:

[https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/Nat%20Children%27s%20Gardening%20Week%20activity%20sheets\\_Cress%20Caterpillar.pdf](https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/Nat%20Children%27s%20Gardening%20Week%20activity%20sheets_Cress%20Caterpillar.pdf)

# Quick and easy Healthy Vegetable Pizza

## Ingredients:

70g self-raising flour, plus extra for dusting

¼ tsp baking powder

Pinch of salt

70g natural yogurt

60 ml passata

½ tsp Mixed herbs

Toppings: choose from UK grown tomatoes, courgette, broccoli, spinach, mushrooms, peppers, sweetcorn, spring onions and mozzarella cheese



## What to do:

1. Measure the flour, salt and baking powder into a large bowl.
2. Add the yogurt and stir to combine to make a rough dough.
3. Sprinkle some flour on to a clean work surface and knead the dough until it is a smooth ball.
4. Roll out to make a thin round – it will bounce back so make it thinner than you think you need.
5. Heat a large frying pan over medium heat and cook pizza base for 2 minutes on each side until golden.
6. Transfer to a baking tray and spread the passata and herbs on top.
7. Prepare your vegetable toppings – chop or slice them small, tear off the broccoli florets and soak in boiling water. Tear or slice the cheese.
8. Arrange these on your pizza.
9. Bake for 8-10 minutes at 220 C until cheese is golden and bubbling. Scatter with pea shoots or torn herb leaves and serve with salad leaves.

