

# Farm together...

## Little green fingers' guide to growing fruit and veg

Find out what it's like to be a farmer and grow your own fruit and vegetables at home with our useful guide!

You'll even learn a few facts that the grown-ups don't know!

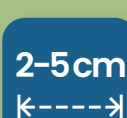
### The key



When to plant



Where to plant: pot, root trainer, plot



Seed spacing



Direct sunlight or shade, & watering requirements



When to harvest



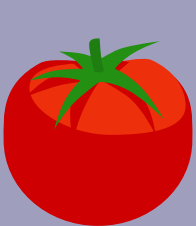
Insects to look out for



### Lettuce



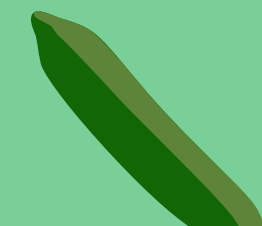
**Bonus!** Iceberg lettuce got its name because California growers covered it in crushed ice when they shipped it in the 1920s.



### Tomatoes



**Bonus!** Tomatoes are a fruit, and they're good for your heart.



### Cucumbers



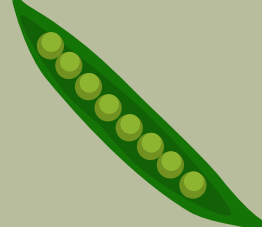
**Bonus!** Cucumber skin can erase pen ink.



### Onions



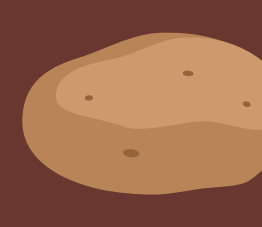
**Bonus!** Ancient Egyptians worshipped onions.



### Peas



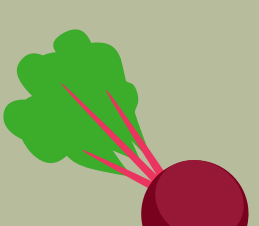
**Bonus!** The average person in Britain eats 9,000 peas per year.



### Potatoes



**Bonus!** The potato was the first vegetable to be grown in space.



### Beetroot



**Bonus!** When Russian cosmonauts met American astronauts in space in 1975, they made beetroot soup.



### Broccoli



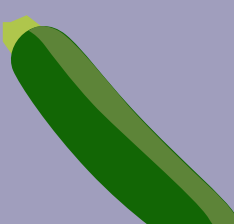
**Bonus!** Broccoli is a giant bundle of unopened flowers.



### Carrots



**Bonus!** Carrots used to be purple until Dutch carrot growers grew some orange ones that tasted better.



### Courgettes



**Bonus!** When watering, try not to get water on the leaves.



### Strawberries



**Bonus!** Eight strawberries contain more vitamin C than one orange.



### Raspberries



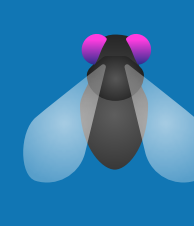
**Bonus!** Raspberries are good for your memory.

## Garden Guests

Keep a lookout for these fascinating insects and creepy crawlies in your garden.



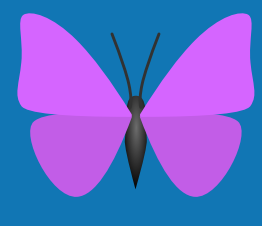
**Wasps** eat fruit, nectar, honey, other insects and caterpillars.



There are over 100,000 different species of **Fly** on the planet!



Flowering plants rely on **Bees** to help them make fruits and seeds.



**Butterflies** help to pollinate our flowers, just like bees!



**Moths** are nocturnal, which means they sleep during the day.



**Aphids/Greenflies** suck on plant juices, which isn't good for the plant.



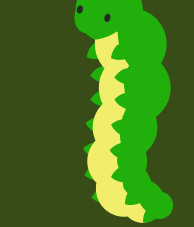
**Ants** can carry 20 times their body weight. That's like you lifting a car!



**Slugs** routinely lose and replace their teeth, just like sharks!



**Ladybirds** help to keep plants safe by feasting on aphids.



Once **Caterpillars** have eaten enough leaves they'll start to turn into a butterfly!



**Earwigs** use their pincers to gobble up plants and other insects.



**Snails** love to chomp on the leaves and stems of plants.

## Rainbow Food Chart

Check out how these colourful fruits and vegetables help your body

Strawberries Tomatoes Peppers

great for joints

Oranges Pumpkins Peaches

good for your skin

Bananas Peppers Pears

good for digestion and immune system

Apples Broccoli Green beans

improve your immune system

Grapes Red Cabbage Blackcurrants

good for your heart

Potatoes Onions Mushrooms

keep bones strong

