

# Growing To Love Tomatoes



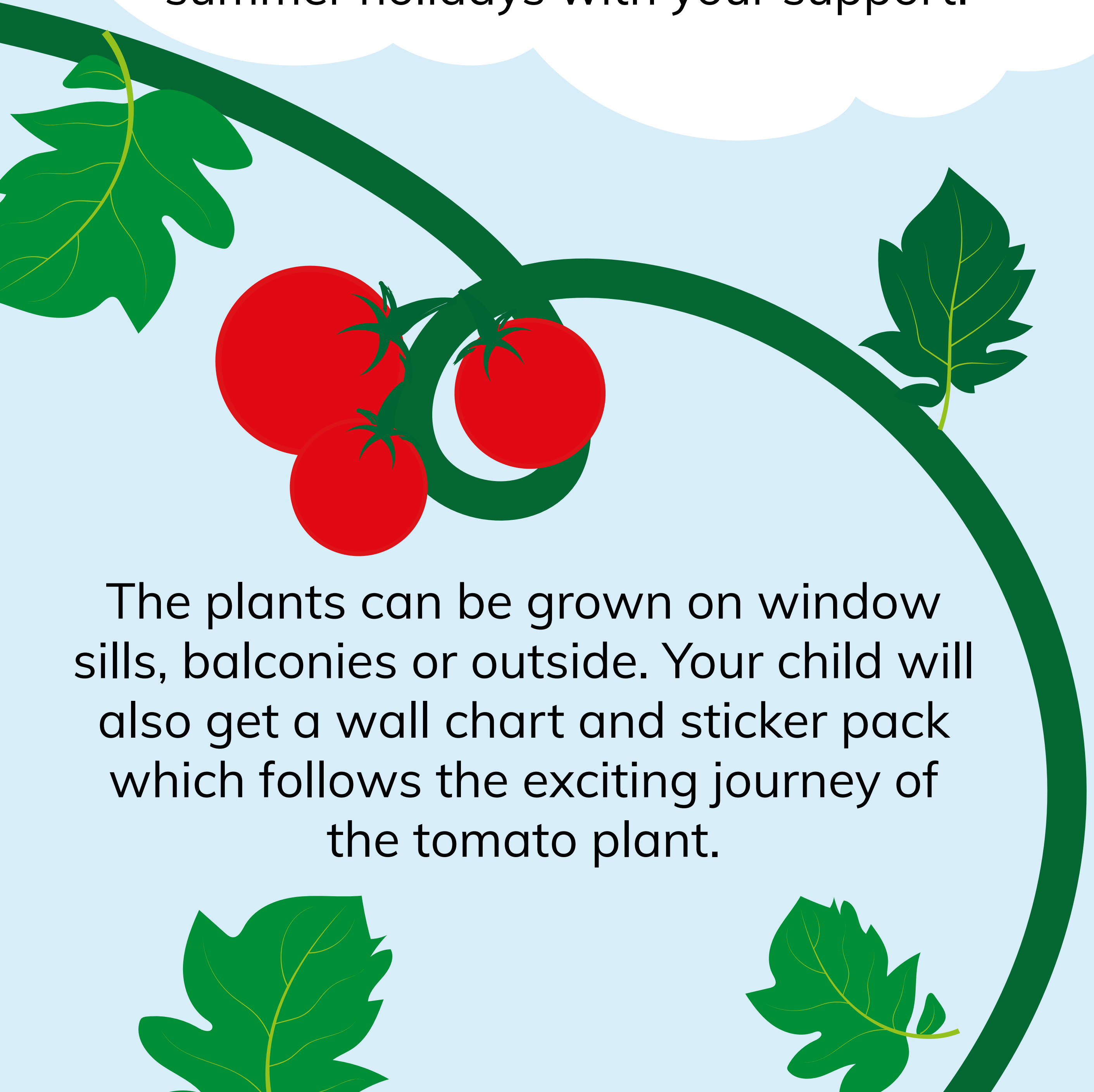
## Guide for parents and carers





# Calling all Parents and Carers!

This term your child will be growing their own tomatoes from seeds to fruit. Your little farmer will plant their tomato seeds in school in April and repot their tomato plants in to bigger (recycled) pots in July. They will then bring their plants home at the end of term to continue growing over the summer holidays with your support.



The plants can be grown on window sills, balconies or outside. Your child will also get a wall chart and sticker pack which follows the exciting journey of the tomato plant.



# Why Growing?

We want kids to love vegetables and one of the best ways to develop that love is through growing their own.

Which is why we designed our fun growing project with help from behaviour change experts, educators, botanists, entertainers and gardeners.

Growing vegetables is great for so many reasons. Not only is it fun, research shows that children are more likely to try the food they have helped to grow.





There is nothing like seeing the miracle of a tiny seed emerging from the soil, growing, blooming and producing fresh food. When you have grown once, you will want to grow for a lifetime. Knowing how to grow food is not just amazing fun, it's also a life skill and one our children should not be without.”

**CHRIS COLLINS, FORMER BLUE PETER GARDENER**  
**@CMCOLLINS\_HORT**



# Caring

**Your farmers will be bringing their plants home over the summer holidays.** Your school will let you know when, please make arrangements for plants to travel home safely.

Don't worry, tomato plants are very resilient.

The secret to caring for tomato plants is placing them in a sunny spot on a windowsill, balcony or outside (turning daily) and watering regularly when the compost starts to feel dry. Also try to remove side shoots which grow where the base of the leaf joins the stem. This is called 'pinching out'.



**More about caring**

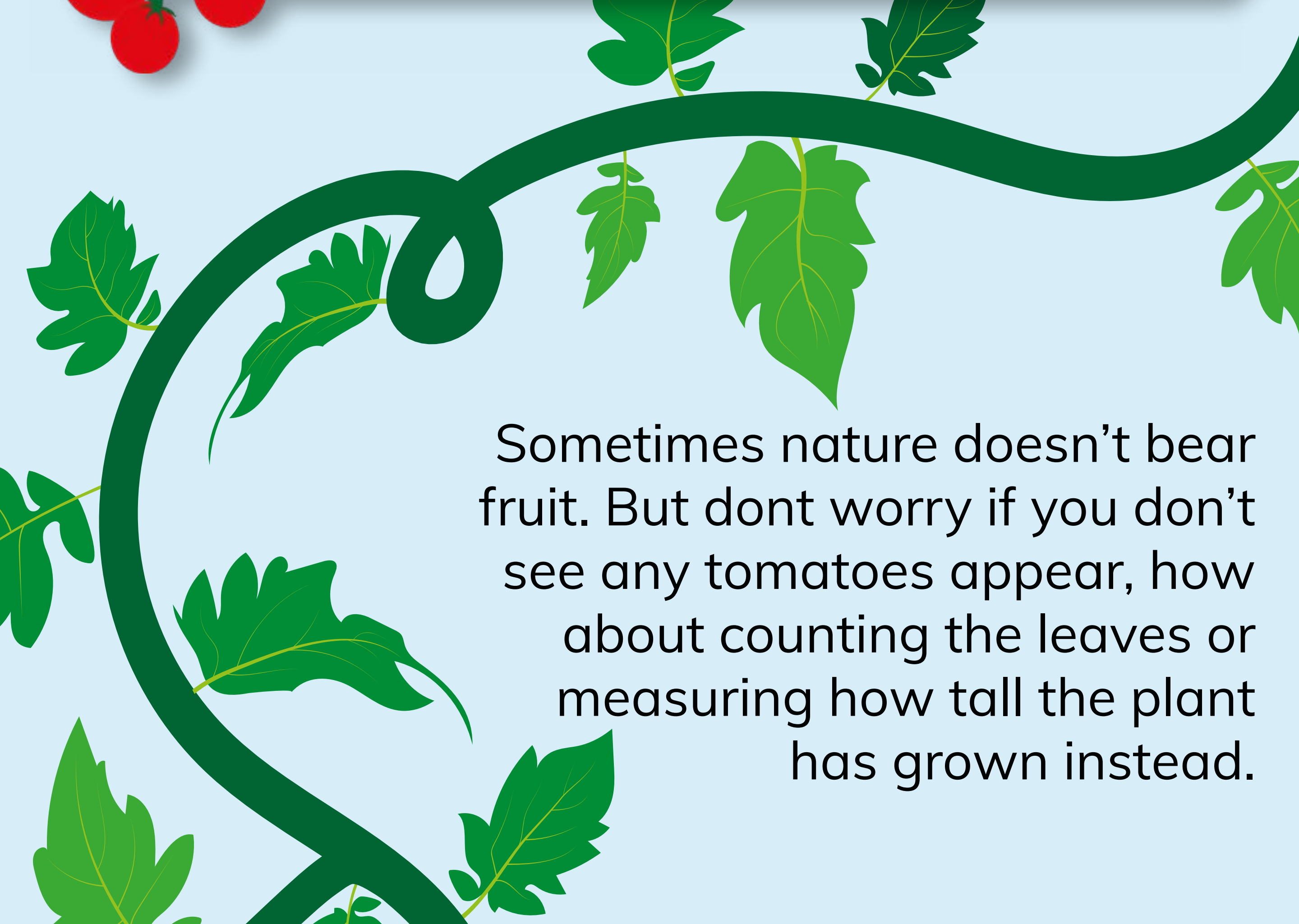


**Harvest**

Hopefully the kids will see some delicious fruit appear over the summer and are ready for their September harvest. One of the best ways to eat fresh, home grown tomatoes is straight from the vine! Encourage your little farmers to try them and describe how they taste. If not, we have plenty of tomato recipes and snack ideas on our website here...



**VegPower Recipes!**



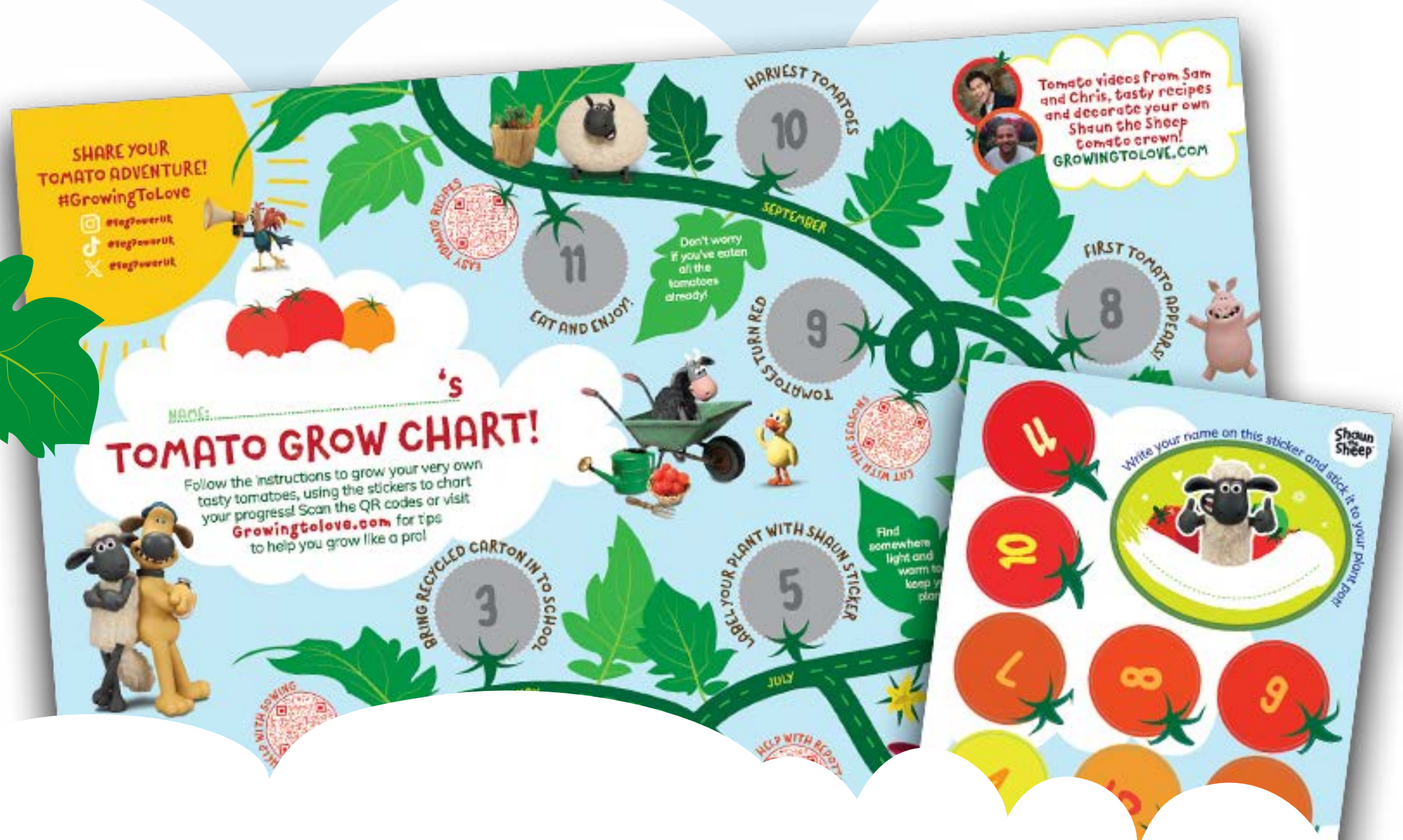
Sometimes nature doesn't bear fruit. But don't worry if you don't see any tomatoes appear, how about counting the leaves or measuring how tall the plant has grown instead.

# Resources and downloads

Don't forget to place the wall chart up so your child can continue following their growing adventure using the supporting stickers. Click below for additional information, tips, downloads, activities and support.



More resources



# SHARE YOUR GROWING JOURNEY

We love seeing how your tomato plants are growing. Share your growing adventures on social media for other families to enjoy.



Our hashtag is  
**#GrowingToLove**



# SIMPLY VEG

Struggling to get your kids to eat vegetables?  
Worried by the increasing cost of food?



Simply Veg is packed full of tips, hacks, advice and giveaways to make it as easy as possible for you to serve affordable veg-packed meals that your family will love

**100% FREE 100% SIMPLE**

[simplyveg.org.uk](http://simplyveg.org.uk)

Growing  
To Love  
Tomatoes

THANK YOU TO  
OUR PARTNERS

