

# EAST SUFFOLK FIELD TO FORK Activity Book



# Welcome

“

Gardening, whether it's planting daffodil bulbs, growing herbs by your back door or creating a space for wildlife with your kids, has many benefits.

It can be great exercise and can improve your wellbeing. It really does make you feel good! It's also a brilliant way to make new friends. Before you know it, you're sharing plants, tools and knowledge with neighbors.

Gardening can also bring different generations together and connect us with nature, sparking joy and curiosity. Another plus is that it's a healthy and inexpensive way for children to learn and have fun.

Everyone can get involved. Start small and as that develops you can build on it. Why not give some of the great activities in this booklet a go? You don't need any previous gardening experience, and you can learn how to get started with tangy tomatoes and easy-to-grow salad leaves.

The RHS is the UK's leading gardening charity. We believe that everyone can benefit from growing plants and that being a gardener is a lifelong adventure.

**Why not start your adventure today?**

”



**Sarah Galvin,**  
**Head of national community programmes.**



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# What's in the kit?



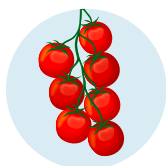
## **Spinach:**

Spinach is a healthy green vegetable full of vitamins and minerals that help keep you strong, and full of energy! It has vitamin A for your eyes, and Vitamin C to fight of the colds, and iron to make your muscles to grow!



## **Coriander:**

Coriander is a green herb that adds a fresh zesty flavour to food. It's full of vitamins and minerals, like vitamin C, which keeps you healthy. It can also help with your digestion and can help your tummy feel it's best.



## **Tomatoes:**

Tomatoes have antioxidants which can protect your body. You can eat tomatoes raw on salads, sandwiches or even cook them on pizza! They are tasty, healthy, and perfect for adding flavour to lots of dishes.



## **Kale:**

Kale is a leafy green vegetable that's packed with vitamins and minerals, like vitamin K, which keeps your bones strong. (This is also great for digestion!)





### **Lettuce Mixed Leaf:**

Mixed leaf lettuce is a crunchy, fresh salad green made up of different types of lettuce leaves. You can eat mixed lettuce in salads, sandwiches, or wraps.



### **Dwarf Runner beans :**

Dwarf Runner Beans are small crunchy beans that grow on short plants. They are packed with vitamin C and lots of fibre to help with digestion. You can eat them cooked in soups, stews or on the side!



### **Basil:**

Basil is a green herb that adds a yummy fresh flavour to many dishes. It's full of Vitamin K which keeps your bones strong. You can use basil in pasta, salads, sandwiches or even smoothies!



### **Carrots:**

Carrots are crunchy sweet vegetables that are packed full of vitamin A, which is great for your eyes and helps you see in the dark! You can eat carrots raw as a snack, add them to salads or cook them in soups/stews.



# How to use the Seedballs:

## 1) Scatter the seed balls onto the soil

No need to dig! Just place the seed balls on bare soil or compost, leaving a little space between each one (about a width of your hand). Don't put them on grass. The clay keeps the seeds safe from birds and bugs, so your wildflowers have a good chance to grow!

## 2) Sprouts begin to grow

With rain or a little watering, the seeds inside the balls will start to wake up! In about 4-6 weeks, tiny sprouts will peek out of the balls. We add a bit of chilli powder to keep slugs and snails away from the new shoots.

## 3) Balls disappear as plants grow

As the plants get bigger, the balls will break down and fade away, leaving a nice patch of baby plants.

## 4) Plants will bloom!

Plants and flowers will bloom this year, and others will bloom next year. When they do, they will be like a world for animals and other garden friends!



### **Planting made easy!**

Instead of just planting seeds one by one, you can throw seedballs anywhere you want for plants to grow!

### **Helping the environment!**

Seedballs can create green spaces in places where there are no plants, like empty fields or patches of land!

### **They protect seeds!**

The clay around the seed helps protect it from animals and harsh weather!

# **What are compost pellets?**

A “growing medium” - growing space for plants and seed pellets!

They will work with the seed pellets combined with no other extra steps! This makes growing plants more effective and manageable.

## **How to use :**

Its simple - just add water to the compost to create a plant growing space!

- 1) Place in lukewarm water to expand the pellets!
- 2) Place your chosen seed in each pellet!
- 3) Make sure to place your pellets/seeds in a position with brightness but not too much sun!



# Wordsearch

X G O C O M B C H V V Y R D C Z X S O G C E L L H  
 Z L A G S T R J M X J G G I R U G H B V H S N C Q  
 D M S L L Y P Q E I U S X O E X T M E T D O G C I  
 E J U S S P A D E U U Q C G L O V E S C N I R L R  
 V Z N U S B C L F Q C D O Q J L O P I Q O L O X B  
 B B A W E C D G V A O N M V C M G D Z Q V S W F R  
 V R Q W E F S S I U R Q P S O C B X R F S S J Y Q  
 Q O H T D U W O N W I Q O B M S I H Y I C P P G E  
 W O Q F S F T C R Q A T S B P W C A R R O T N Z O  
 O T F I P C N L Q Y N V T P O F U N J U O J V L R  
 I S L D L A R E I E D E Y W S O E U P O T M S D S  
 K E O E A D L G O F E K O A T Q E W G G M X J S B  
 T I W V N R U D N Z R L O T S I Y A U C W M D E E  
 M G E J T Y A L C P A W Y E L G E H K X U Y M M T  
 Q W R S C E I M K R H Z M R S F M Z N M D F Y T L

Coriander

Gloves

Seeds

Spade

Roots

Compost

Flower

Plant

Grow

Sun

Carrot

Water

Pot

Soil





# Top Trumps

Enjoy this fun game where you can compare each of these plants by seeing which is the best in each category named below!



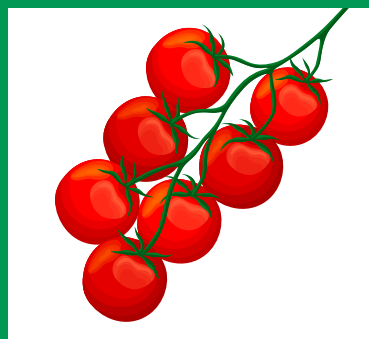
## Spinach

Vitamins: 7/10

Minerals: 8/10

Tastiness: 6/10

Growth: 7/10



## Tomatoes

Vitamins: 8/10

Minerals: 5/10

Tastiness: 9/10

Growth: 4/10



Each player has a set of cards, and the goal is to win rounds by having the highest value in each. The player with the most cards at the end of the game wins!



### **Dwarf Runner Beans**

Vitamins: 10/10

Minerals: 6/10

Tastiness: 7/10

Growth: 2/10



### **Kale**

Vitamins: 6/10

Minerals: 4/10

Tastiness: 9/10

Growth: 3/10



To set up the game, you could cut around the dotted lines, take photos or even create your own top trump cards!



## Coriander

Vitamins: 6/10

Minerals: 3/10

Tastiness: 6/10

Growth: 7/10



## Lettuce

Vitamins: 6/10

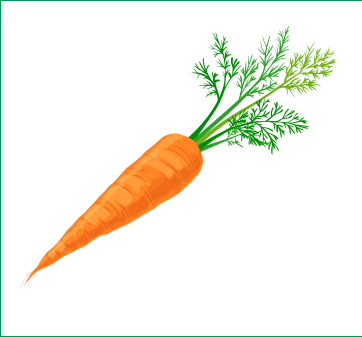
Minerals: 2/10

Tastiness: 6/10

Growth: 6/10



Get to know  
your garden!



## Carrots

Vitamins: 7/10

Minerals: 4/10

Tastiness: 10/10

Growth: 8/10



## Basil

Vitamins: 6/10

Minerals: 10/10

Tastiness: 9/10

Growth: 2/10



# Value Calculator

Let's talk about how you can use a value calculator to figure out how much money you can save (or even earn!) by growing your own vegetables instead of buying them from the store. It's like a fun maths challenge that shows how gardening can help your pocket!

After choosing which of your vegetables you want to work out the value of, you could go to the store, / research online how much the average cost to buy the same vegetables you have grown yourself! (Remember to write this down so you can add into your value calculator!)

Produce	Value per handful	How many handfuls grown?		The produce you have grown is worth...
Coriander	£3.00		To find out how much your homegrown produce is worth, just multiply the number of items you grew by the price of each one.	
Carrot	£1.00			
Basil	£1.80			
Kale	£0.70			
Tomato	£1.50			
Spinach	£1.10			
Runner beans	£0.50			
Lettuce	£1.00			



# Planting and Harvest Calendar

## Planting

### January - February

Indoors:  
Tomatoes, Peppers,  
Herbs, Basil



### March - April

Indoors:  
Tomatoes, Peppers,  
Lettuce, Cucumber, Beans

### February - March

Indoors:  
Tomatoes, Peppers,  
Herbs, Lettuce

### April - May

Outdoors:  
Lettuce, Spinach, Peas,  
Carrots, Potatoes, Beans

### June - July

Outdoors:  
Tomatoes, Beans,  
Cucumbers, Spinach,  
Carrots



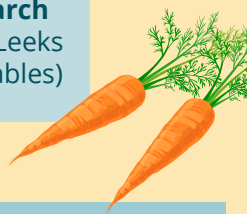
## Harvesting

### February - March

Kale, Carrots, Leeks  
(Winter Vegetables)



**January - February**  
Kale and Leeks  
(Winter Vegetables)



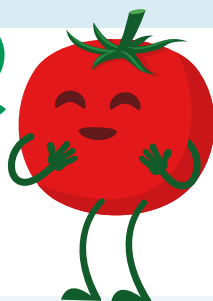
**March - April**  
Kale, Carrots,  
Leeks, Parsnips

### April - June

Spinach, Early Lettuce,  
Peas, Radishes



Use this calendar to  
help plan your garden



### August - September

Outdoors:  
Lettuce, Spinach,  
Carrots, Broccoli



### November - December

Indoors:  
Lettuce, Herbs, Spinach

### July - August

Outdoors:  
Tomatoes, Beans, Squash,  
Cucumbers, Carrots,

### September - October

Indoors:  
Lettuce, Herbs, Spinach



### August - September

Tomatotes, Beans, Herbs,  
Carrots, Cucumbers

### July - August

Early Beans, Peas,  
Spinach, Radishes, Lettuce



### September - October

Kale, Carrots, Beans,  
Pumpkins, Broccoli,



### November - December

Kale, Carrots, Squash



# Good food, Grown by you!

It's important to start eating good food when you're young so you can grow up healthy and happy. Parents and schools can help by making tasty, healthy meals.

The good news is that healthy food doesn't have to cost a lot! You can even use fruits and vegetables you grow at home to make yummy meals. Here are four easy recipes that are fun to try and will keep you full!

## **Culadill (Cucumber salad with dill)**

1. Thinly slice cucumbers and onions.
2. Toss with a handful of fresh dill, a splash of white vinegar, and a drizzle of olive oil.
3. Season with lemon juice and pepper to taste.

## **Carrot, cumcumber dip with grapes**

1. Thinly slice cucumbers and carrots into finger-like shape.
2. Mix yoghurt, paprika and squeeze lemon juice into a small bowl as your dip
3. On the side plate place some juicy grapes





## Caprese Salad with tomatoes and basil

1. Slice large tomatoes and arrange on platter with fresh mozzarella cheese
2. Tuck whole basil leaves between the tomato and cheese slices
3. Sprinkle on top olive oil and balsamic vinegar. Season with black pepper and salt



## Rice and vegetable curry

1. Fry onions, garlic, and broccoli until soft
2. Add sliced mushrooms, aubergine and tomatoes, thyme and basil and simmer until flavours melded together
3. Enjoy with a fistful of boiled rice



# Recycling ideas

## DIY Bottle Plant Pot:

- 1) Find a grown-up buddy - Before you can start, find a grown up you can trust. Ask them to help you carefully cut the plastic bottle in half. (Safety first, so lets let the adults handle the sharp stuff!)
- 2) Time to get creative! (Optional) Take the bottom half of your bottle and let your imagination run wild! You can paint it, draw on it or even add googly eyes!
- 3) Soil and seeds and seeds adventure - Once you are finished, fill your bottle with soil (the cosy home for plants). Then choose your plant, and gently tuck into the soil!

And there you go -  
You have just made an  
amazing eco-friendly  
bottle pot for your  
plant buddy!



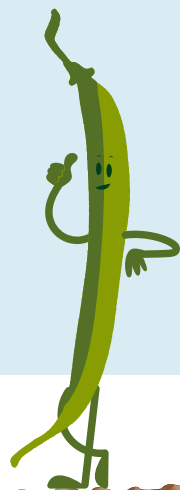
Plastic bottles aren't the only household objects you can use as growing space, you could start your garden with lots of things, like old coffee pots, newspapers, toilet roll and egg cartons!



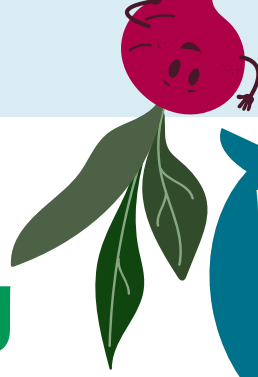
## Why is taking care of the Earth so important?

1) The Earth gives us incredible things! The trees, flowers, and oceans all help us! Trees give us fresh air to breathe, and the ocean is home to many animals.

2) Recycling is like magic! When you recycle, you're turning old stuff into new stuff! Recycling helps keep our planet clean, with less trash that hurts animals and nature.



# Create Your Water-Saving Superhero!



Feed and  
water  
plants  
regularly

Imagine a superhero who has a special power to help save water! What do they look like? What powers do they have to help protect water?

Use the space below to draw your superhero! You can give them a name, a cool costume, and any special gadgets they need to save water.



Your superhero's goal is to help people understand how to save water. Think of one thing they can teach us to help save water in real life. Write or draw their water saving mission below!

### **What is your hero's superpower?**

Give your hero some superpowers to save water and teach others how to use it wisely!



### **The mission to save water!**

Now that your hero has their powers, let's think about missions they'll go on to save the planet's water!





# Every drop goes through a lot

**Mornings wouldn't be the same without that first cuppa, we turn on the tap and water's there, ready to pop the kettle on.**

Most of us don't think about where our water comes from but since only 1% of the world's water is drinkable, we need to work together to make every drop count.

Our teams work around the clock to protect customers taps running dry and make sure there's enough water for future generations.

At times Suffolk can be drier than Barcelona and with more homes being built every day, it means every drop goes through a lot on its way to you.

Here's a few tips to help you protect every drop:

-  Keep your shower to 5 minutes max
-  Water the plants with your washing up water
-  Put a lid on your pans when you're cooking

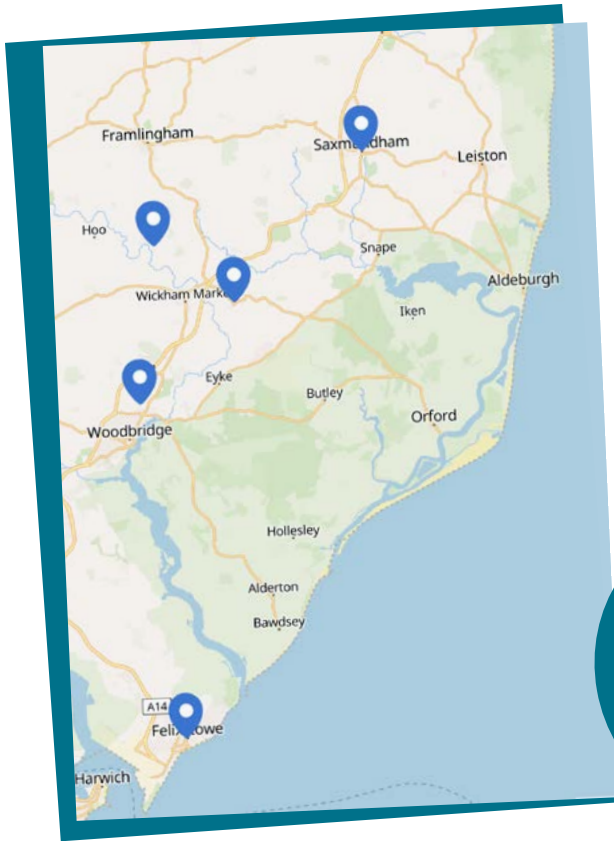
To find out more about the teams that keep taps flowing and toilets flushing, as well as how you can save water at home, visit **anglianwater.co.uk/savewater** or scan the QR code.



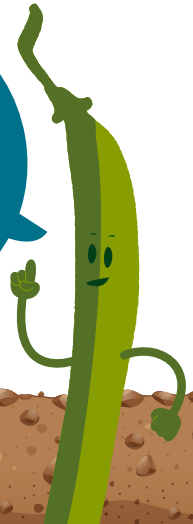
# Public Growing Spaces

Field to Fork has given over £38,000 to places in East Suffolk that grow produce where the community can help too.

Have you run out of space at home to grow your own vegetables? If you have, why not get an adult to scan the QR code and see where your nearest public growing space is before making a visit to it?



It's great to  
grow together  
and learn  
from others





# What is a Healthy Diet?

A healthy diet, also called a balanced diet, gives your body everything it needs to grow, stay strong, and feel good. It means eating the right kinds of foods in the right amounts for your age.

There are six important parts of food that keep us healthy. Let's look at each one and why it's important:

## **Carbohydrates – Energy for Your Body**

Carbohydrates give your body energy to play, learn, and do everyday activities. The best sources of carbohydrates are: Whole grains (like brown rice or oats), Vegetables, Fruits, Beans

## **Proteins – Building Blocks for Growth**

Proteins help your body grow and fix itself when you get hurt. Good sources of protein include: Beans, lentils, and peas, Eggs, Fish, Dairy products (like milk, yogurt, and cheese)

## **Fats and Oils – Protect Your Body**

Fats and oils give your body some energy and help it use certain vitamins. But not all fats are good for you! Healthy fats are found in: Avocados, Nuts and seeds, Fish like salmon and tuna.





## Vitamins – Keep You Strong

Vitamins help your body stay healthy and work properly. You can find vitamins in: Fruits and vegetables (especially green, leafy ones), Eggs, Mushrooms, Dairy products (like milk and cheese)

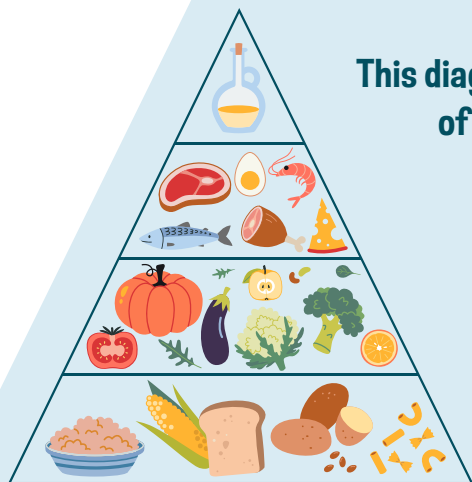
## Minerals – Tiny Helpers in Food

Minerals are tiny bits in food that help your body in different ways, like making your bones strong and keeping your heart healthy. Examples of minerals include calcium, iron, and potassium. Find minerals in: Fresh fruits and vegetables, Grains, Nuts and seeds, Fish (like salmon and sardines)

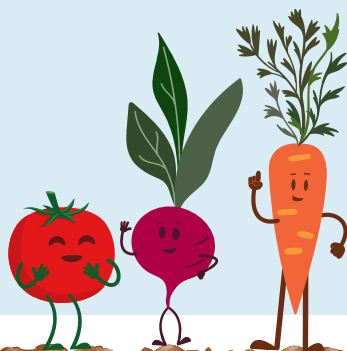
## Water – Your Body's Best Friend

Water is super important! It keeps your body cool, helps move nutrients around, and keeps your skin healthy.

Children should drink 5–8 cups of water every day. Water is the best drink when you're thirsty.



**This diagram shows the proportion of each type of food that you should try to eat each day!**



# Learn more and grow!

RHS have lots of helpful resources to help you and your garden grow, scan the QR codes below to find out more...



## **Monthly gardening activities**

Need some inspiration for things to do in the garden each month? This page gives you ten things to do each month, helping you stay motivated.



## **Carrot crop sheet**

RHS has loads of fact sheet, like this one for carrots, which tell you how best to plant, grow, harvest and use your crops!



## **Wellbeing through gardening**

Parents, guardians and teachers can use this information to help young people improve their wellbeing with nature and gardening.

# Wordsearch answers

X G O C O M B C H V V Y R D C Z X S O G C E L L H  
 Z L A G S T R J M X J G G I R U G H B V H S N C Q  
 D M S L L Y P Q E I U S X O E X T M E T D O G C I  
 E J U S S P A D E U U Q C G L O V E S C N I R L R  
 V Z N U S B C L F Q C D O Q J L O P I Q O L O X B  
 B B A W E C D G V A O N M V C M G D Z Q V S W F R  
 V R Q W E F S S I U R Q P S O C B X R F S S J Y Q  
 Q O H T D U W O N W I Q O B M S I H Y I C P P G E  
 W O Q F S F T C R Q A T S B P W C A R R O T N Z O  
 O T F I P C N L Q Y N V T P O F U N J U O J V L R  
 I S L D L A R E I E D E Y W S O E U P O T M S D S  
 K E O E A D L G O F E K O A T Q E W G G M X J S B  
 T I W V N R U D N Z R L O T S I Y A U C W M D E E  
 M G E J T Y A L C P A W Y E L G E H K X U Y M M T  
 Q W R S C E I M K R H Z M R S F M Z N M D F Y T L

Coriander

Gloves

Seeds

Spade

Roots

Compost

Flower

Plant

Grow

Sun

Carrot

Water

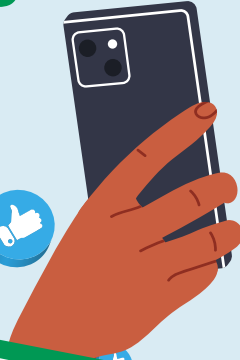
Pot

Soil



# Share your growing journey!

## #FieldToFork



February 2025