

SUMMER GROWING

BEETROOT



Beetroot is a root vegetable, which means that we eat the root part of the plant. You can eat the leaves in a salad too. Sow seeds in a large, deep container so that the roots have room to grow.



There are plenty of vegetables to grow during the summer. Why not grow some yourself? Eating lots of plant foods helps keep us healthy.



RADISHES



Radishes contain vitamin C. They are root vegetables too. They taste great in a salad.



Vitamin A helps us to have good eyesight.

CARROTS



Carrots contain fibre and vitamin A. Carrots are also root vegetables. Raw carrots are a tasty lunch box snack. Sow seeds in a large, deep container.

SPRING ONIONS



Spring onions contain vitamins A and C. They taste yummy chopped up in a stir fry!

SPINACH



Spinach is a leaf vegetable, so we eat the leaf part of the plant. Spinach contains fibre, vitamins A and C, calcium and iron.



Vitamin C helps keep our skin healthy.



Fibre helps food move through our bodies - it helps us go to the toilet regularly.



What will you grow?

Draw a picture here of your vegetable growing.

What will you cook with the vegetable you grow?

Draw a picture here of your meal or snack.