

Outdoor Growing

You will need -

- Chopping Board
- Knife
- Bowl
- Plant Pot

Wasted Food -

- Sweet Potatoes
- Potatoes
- Mushroom Storks
- Ginger Root
- Strawberries

Home grown fruit and vegetables contain more vitamins and nutrients for a healthy diet, save you money and reduces the amount of food we waste each year.

Getting Started -

Make sure you have -

- All your food waste and equipment you are using ready and to hand
- A clear workspace (outdoors if using soil)
- A place to plant or transfer your plants to outside, which is clear of weeds

Get ready to start by -

- Removing any jewellery or watches (if planting outside)
- Tying hair back
- Rolling up sleeves

Remember to wash your hands when you have finished handling any waste or soil.



Outdoor Growing

Method - Sweet Potatoes

1. On a chopping board, use your claw grip to cut your leftover sweet potato into 2-inch cube pieces
2. Leave them on the board to dry out
3. Plant directly into the ground in early spring
4. Your harvest should be ready to enjoy in early to mid summer

Method - Potatoes

1. Leave your unused/past their best potatoes out on a side
2. Watch for shoots to appear
3. Plant directly into the ground in mid spring about a foot apart
4. Your harvest should be ready to enjoy in 2-4 months time depending on the variety

Method - Mushrooms

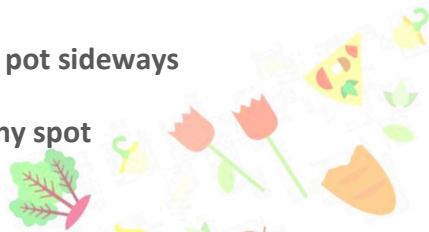
1. Plant your left over mushroom stalks into your outdoor planting area
2. Cover in soil, leaving the very top
3. Leave to grow and harvest when ready

Method - Ginger

1. Soak your piece of ginger stem in a bowl of warm water overnight
2. Half fill a pot with soil
3. Place your ginger in the pot sideways
4. Cover with more soil
5. Place outdoors in a sunny spot
6. Harvest when grown

Method - Strawberries

1. On a chopping board use a fork hold to gently slice off the outer edge of your spoilt strawberries
2. Fill a plant pot with soil until $\frac{3}{4}$ full
3. Lay your slice in the soil and cover over
4. Place in a sunny spot indoors and water regularly
5. Move your pot outdoors or transfer to your outdoor planting area in the spring



Find more growing ideas and grow-a-long videos at - www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme