



Book now to avoid disappointment 01733 363514

## **Grow Your Own Potatoes**

and Beetroot!

9 March and 8 June 2016 Morning and Afternoon Sessions East of England Showground, Peterborough, PE2 6XE



"The children thoroughly enjoyed all of the activities and are eager to look after their potatoes, lettuce and beetroot."

- Crosshall Infant School Academy Trust



### What's On Offer?

We want children to know how interesting and important potatoes are!

Our hands-on experience will demonstrate how to grow and enjoy potatoes as part of a healthy, balanced diet

Just £3 per child for two-part event







"The various short activities suit the needs of the children..
They enjoyed all of the activities" - Newark Hill Academy

- Be shown different varieties of potatoes, and learn how they grow on local farms and the different types of machinery used
- Learn about the healthy eating plate, nutrition and discuss various potato dishes
- Plant their own seed potatoes and mini beetroot, and learn how to look after them at school or home
- Plant in March and harvest in June



# Wednesday 9 March 2016 Planting of the Seed Potatoes and Mini Beetroots

"Tatty Planting Time" -Historic re-enactment with Violet and Farmer Nick

Learn about the planting cycles and farm machinery used

Discover the benefits of healthy eating

Hands-on planting for children of both potatoes and beetroot

### Wednesday 8 June 2016

#### Harvesting of the Crops

Historic re-enactment - picking, sorting and riddling with Violet and Farmer Nick

Harvest and weigh potatoes from each school - there will be hot competition on the day!

Learn about where the potato and beetroot fit into a healthy diet

Pupils will able to make their own potato salad to eat before going back to school

Book now to avoid disappointment!

Email: slauridsen@eastofengland.org.uk Tel: 01733 363514