WELCOME TO THE ROOTCAMP!

ROOT FOR VEG

with Knorr® SINCE 1838

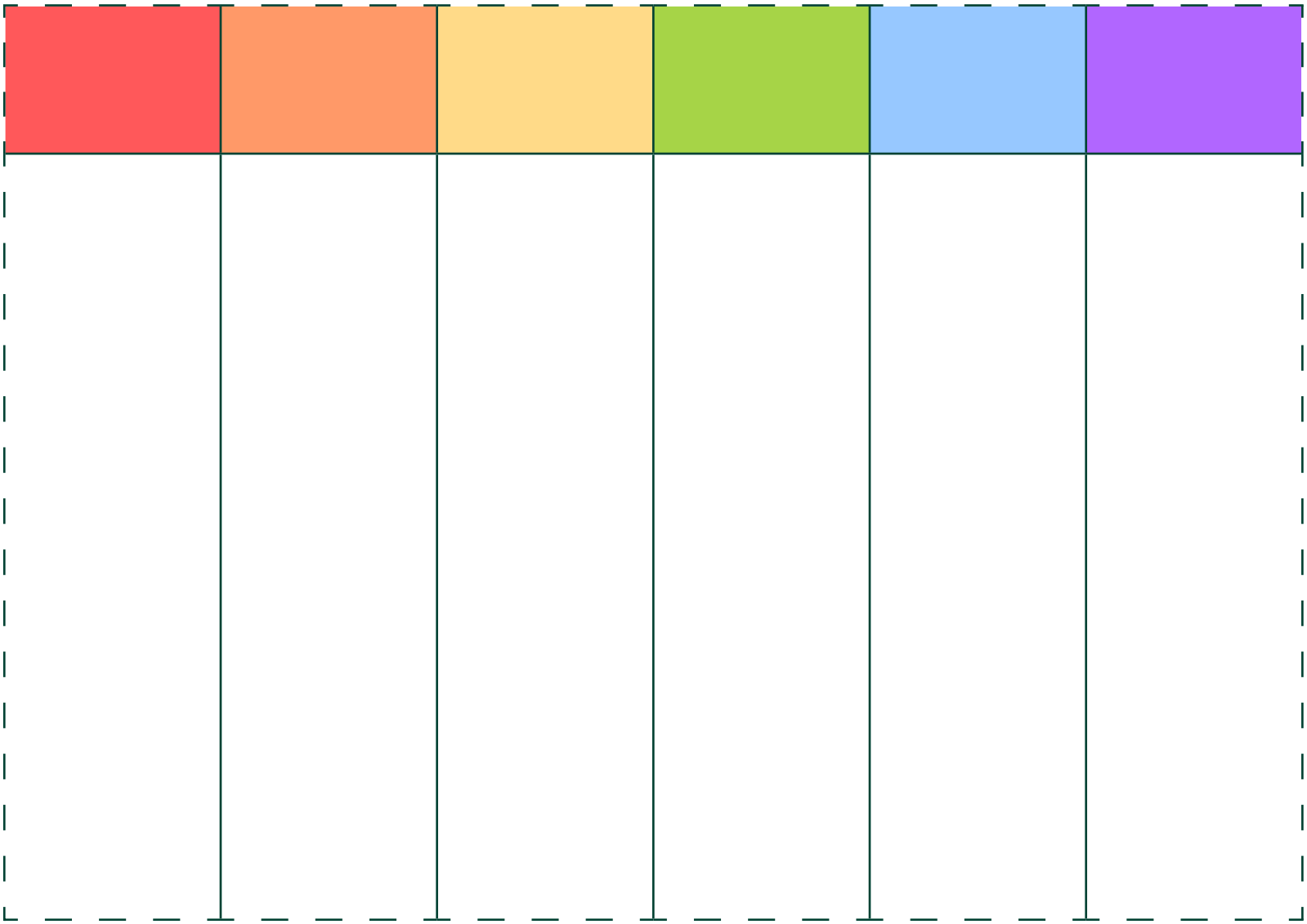
LESSON 1: ACTIVITY SHEET

CAN YOU NAME VEGETABLES RIGHT THROUGH THE ALPHABET

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

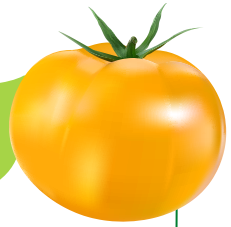
Cut and stick this sheet into your vegilante journal.

CAN YOU NAME VEGETABLES TO EACH COLOUR IN THE CHART



Cut and stick this sheet into your vegilante journal.

ORANGE TOMATO



It's really hard being an orange tomato, because I'm nowhere near as popular as the red tomato. When people go to the supermarket, they hardly ever choose me instead of the red tomato. But WHY? Red tomatoes are one of the most popular vegetables in the world, but we orange tomatoes are sweeter and far less acidic. We even contain TWICE as much Vitamin A. So, as you can see, we're a healthy choice and we don't deserve to be forgotten about all the time!

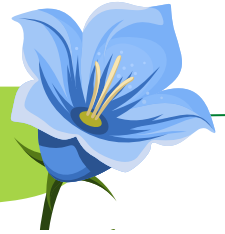
P.S. I'm really tasty in a tomato soup!

FARMER SPROUT

I'm a cattle farmer, and I work really hard to make sure my farm is a good place for my cows AND the wildlife that lives there. I'm passionate about protecting the natural world and at my farm, we take on various agricultural schemes to encourage biodiversity. This means that we are paid to create ponds and nesting areas for wildlife, and for cutting our grass later in the year so that insects can enjoy the wildflowers. I also make sure that I leave the hedgerows to grow at the edges of my fields, as they provide food and shelter for many insect and animal species.

It is important that I can produce food and make money from the farm (it's how I provide for my family!), whilst also protecting the natural environment and wildlife.

BLUEBELL



I don't want to brag, but as a native wildflower I am VERY important to the British countryside. Without wildflowers like me, the environment would really suffer. Not only do we make the natural landscape beautiful and diverse, but we also play an essential role in food chains, as well as providing habitats for insects and small creatures.

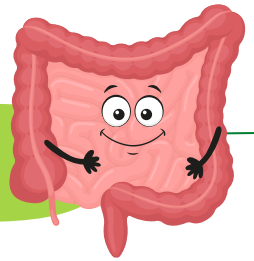
Although many people believe that we are a common flower, we are sadly in decline and now an endangered species. We really need farmers like Farmer Sprout to help us survive!

INSECT

We insects enjoy burrowing in the soil, buzzing from flower to flower in farmers' fields and munching slowly through the leaves of crops... Oops, did I just admit that? The farmers don't like us nibbling on their crops because they need their vegetables to thrive. Since we can't resist a feast, farmers will often spray pesticides (chemicals) on their crops. Pesticides are great at protecting farmer's crops, but they are very dangerous to us insects.

Today, 70% of the UK is farmland; in creating fields we have lost 97% of our wildflower meadows. Please make more space for us insects and let the wildflowers grow!

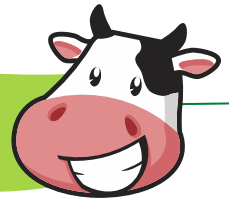
HUMAN GUT



I LOVE variety – it's really good for me! When humans eat lots of different types of food (particularly different vegetables) it makes me VERY happy, because I get the nutrients and minerals I need to stay healthy. Not only is eating a range of plant species good for digestion, but it is also good for immunity (your body's ability to fight against viruses) and improved mental health.

So, make room for more legumes, and help me find my inner PEAS, please!

COW

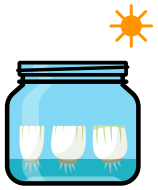


Since we cows have become so popular, farmers have to breed more of us – there's actually 1.5 billion cattle on the planet today! That's far more cows than there were 500 years ago! More cows require more space (we need plenty of land to graze and moooooove, you know!). Trees are cut down and whole forests destroyed so that we can thrive.

Also – and this is a bit embarrassing – when we cows digest grass, we produce A LOT of methane, which is a powerful greenhouse gas... I know it sounds funny, but our gas is actually really bad for the planet, so having so many of us is quite a big problem.

SPRING ONIONS, LEMONGRASS, LEEKS & FENNEL

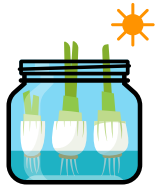
1.



Place root ends in a clear jar, with the roots facing downwards. Add enough water to cover the roots, but leave the top above water.

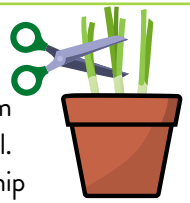
Tip: the longer the roots, the faster the growth!

2.



Place the jar in a sunny location (like a windowsill). Change the water daily. In 3-6 days, green shoots will emerge from the tops of the bulbs.

3.



When the shoots are 10-13cm tall, you can plant them in soil. When they're ready to eat, snip off what you need!

Tip: You don' want your soil to get too dry or too soggy. Touch the soil each day to see if it needs any water.

CELERY & ROMAINE LETTUCE

1.

Place root ends in a shallow dish of water – leave the tops above the water line.

Tip: make sure you keep some of the stem – the more stem you have, the more likely it is that new leaves will grow!

2.

Place on a windowsill for some sunshine. Spray the lettuce with a small amount of water a couple of times a week, and replace the water that it is submerged in every few days.

3.

Let it grow! Within a day or two, you should see little green leaf shoots.

GARLIC

1.

Place an unpeeled garlic clove in a shallow glass or dish.

Tip: the larger the garlic clove, the larger the result!

2.

Partially cover the clove with water – don't submerge it fully or it will rot! Place the container on a sunny windowsill.

3.

After 4-7 days, you should be able to harvest the garlic greens.

Tip: you only need to change the water 1-2 times before the sprouts are ready to harvest.

ROOT FOR VEG JOURNAL

ROOT FOR VEG with Knorr® SINCE 1838

Name:

has taken part in the great Vegolution

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