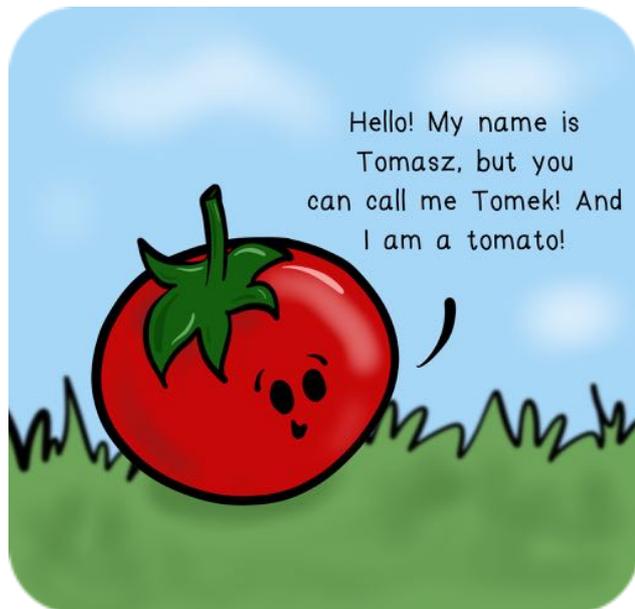


# The Little Growers' Club.

## TOMASZ THE TOMATO



### What is a tomato?

Tomatoes are fruits...because they are packed full of seeds.

### Why are tomatoes good for you?

Tomatoes contain vitamins A, C and E plus a special substance called lycopene.



This activity pack will help you grow your own tomatoes from seeds...all you need to get started is a tomato from your fridge!

### How to collect and dry tomato seeds to grow them.

1. Make sure you collect seeds from a fully ripe tomato (the fresher the better). Ask a grown-up to help you cut the tomato in half, then scoop out the seeds and put them in a fine sieve (one with very small holes). Rinse them under a tap for a few minutes to remove the 'pulp'.
2. Spread the seeds on to a couple of sheets of kitchen roll.
3. Leave the kitchen roll and seeds in a warm dry place to dry out.
4. When they're dry (this could take a couple of weeks), remove the seeds from the kitchen roll.



To collect tomato seeds to grow you only need one or two tomatoes as each has about 100 seeds!



Find out more about what edible bits of plants are called in our handy Growers' Glossary.

**1**

### FIND A CONTAINER!

Add soil or compost in a small plant pot or similar.

**2**

### SOW TOMATO SEEDS

Sprinkle a few tomato seeds on to the compost.

**3**

### COVER AND WATER

Cover with a little more soil or compost then sprinkle water.

## How to look after your tomato plants.

The first part of the tomato plant to grow is the shoot, and two baby leaves called 'cotyledons'. When more leaves appear move your tomato plants to another container with soil or compost so they have space.



Carefully take each tomato plant out of the soil, making sure the stem and roots are still attached to each other. Make a hole with a pencil in the compost of the pot you're transferring to, so that the roots of the plant are placed in to the hole. Fill in around the plant's shoot with soil. Keep your plants inside and water them daily. When your plants are around 15cm in height you can move them outside and into larger pots. Make sure to wait until the temperature outdoors is above 12°C at night before you put your tomato plants outside, and keep your plants close to a sunny wall while you wait for tomatoes to appear.

## Pollination is the bees' knees...

You'll start to see yellow flowers appearing on your tomato plants. If you see bees visiting them to collect nectar, this is good news as it means your plants are being pollinated and that the flowers will turn into tomatoes!! The fruits will be green at first and then turn red as they ripen in the sun. They will be ready to harvest (and eat!) when they twist off the branches easily.

Enjoy eating your home-grown tomatoes, give them a rinse and eat them raw on their own, or sliced and eaten in a sandwich, or...

...perhaps it's time for something soup-er?

### INGREDIENTS

- 2 onions, peeled and chopped
- 2 tablespoons oil or butter
- 450g/1lb fresh ripe tomatoes, halved
- 1 litre/1¾ pints vegetable stock
- 1 teaspoon sugar
- salt and pepper
- a sprinkling of herbs (dried or fresh)

### METHOD

1. Heat oil or butter in a large saucepan and add the onions. Cover and cook gently for 10 minutes until soft.
2. Add the sugar, salt, pepper, dried herbs (if using) and tomatoes. Stir and cook for another 5 minutes.
3. Add the stock, bring to the boil and simmer for 10 minutes. Liquidise in a blender until smooth. If using fresh herbs, stir in at the end. (Or if you haven't got a blender, this makes a great pasta sauce too!).

