

## Inspiration for activities & demonstrations\*

### Demonstrations

Any nursery activities, potting, moving on plants, trimming, pruning, machinery involved, show working if can safely do so.

### Talk about

The farming year from a crop perspective, fertilisers used, crop pests to be controlled, methods for extending the growing season, soil types and maintaining fertility, outlet for your produce, successive sowings.

### Activity 1: 'Paper Potters' (4+)

#### Materials

A number of paper potters (right), or clean yogurt/plant pots. Newspaper, sticky labels, pencils, compost, seeds.

#### Instructions

Wrap length of newspaper around the paper potter. Leave approx 4cm overhanging the end of the potter. Fold this extra piece of paper over to form the base of the pot. Place a sticky label over the end of the newspaper to stop it unravelling. Label the pot with the child's name so they can identify their pot when they collect it later. Fill the pot half full with soil. Then place seeds in soil. This activity is a great way to talk about growing and the parts of the plant.



### Activity 2: 'Fruit and Veg' (4+)

#### Materials

A variety of fruit and veg grown on your farm and available in the shops.

#### Instructions

See if visitors can identify and sort to show which part of the plants we eat – root, shoot, leaf, fruit, seeds, or flower. Set this out as a table top quiz. If you can, supply 10-15 vegetables/fruit together, with just a quiz to name each one. Try to have some tricky ones like redcurrants, purple sprouting broccoli, celeriac and, of course, some that you grow yourself.

### Displays

'Field to fork' display for different crops grown (incorporating the farming year/annual cycle). Tools and equipment used; see Activities 2 and 3 for table quizzes that double up as displays; posters and promotional materials from industry bodies.

### Questions to ask visitors

How many top fruits can you name?

How many root veg?

How many brassica family veg?

What are a plant's requirements?

What soils do you know?

Which soil type suits which crop?

### Activity 3: 'Matching Seeds to Plants' (8+)

#### Materials

A variety of fruit and veg grown on your farm and available in shops. The seeds of these fruits and veg.

#### Instructions

See if visitors can match the seed to the fruit or veg. This is always a popular activity for visitors with children especially so where grandparents have allotments or do a bit of gardening, who feel they should get them all right! Pop in a bit of wheat and barley and most struggle a bit! Children can be given clues with a few statements about how you might eat that fruit/veg, its shape, its taste, or for younger children a clue of the first letter of the veg/fruit.

The Back British Farming campaign website [www.nfuonline.com/backbritishfarming](http://www.nfuonline.com/backbritishfarming) lists the many reasons why British farming should be backed and how you can show your support.

For more information about LEAF and LEAF Marque and how to support our work, please visit [www.leafuk.org](http://www.leafuk.org)

\* Text kindly supplied by FACE (Farming and Countryside Education)



## Key messages

- In the UK, we grow over 300 types of field scale vegetable and salad crops, potatoes, tree and berry fruits and glasshouse grown salads.
- The UK is just 12% self-sufficient in fruit that can be grown in this country. We're also less than 60% self-sufficient in vegetable and salads and this is declining.
- Some 22% of UK fruit and vegetable crop area is LEAF Marque certified.
- Horticultural crops are grown in every part of the UK but there are some regions which have a particular association with certain crops – for reasons including climate, soil and proximity to markets. Here are some examples:

**Kent** is known as the Garden of England famed for fruit growing.

The rich, productive soils of **Lincolnshire** are well-suited to potato and brassica farming.

**Cornwall** is renowned for its early season and winter crops, especially cauliflowers and potatoes.

## Speak Out top tips

- Be aware of background noise - pick a spot where everyone can hear you
- Create a circle – put an umbrella in the ground and ask people to stand round it; stand so that no one has your back to them
- Keep it personal – about you and your farm; it will be more memorable
- Be positive – if you are asked a negative question, turn it round and talk about the good things you are doing
- Keep out the jargon – a drill and headland mean something different; explain the terms you use e.g. an agronomist is a crop doctor, an acre is just over a football pitch
- Make your story relevant – start by talking about food and how your visitors benefit from your produce, rather than starting off talking about farming
- Use props – to illustrate what you are saying
- Talk with everyone – look at everyone, not just the people at the front
- Ask your visitors questions – interact with them, it will help keep their interest
- Engage the senses – encourage listeners to look, listen, smell and touch things to keep people engaged.

## Health & Safety

- Don't leave keys in vehicles
- Static machinery should be supervised or locked, chocks under wheels, fuel tank locked and almost empty
- Bale spikes laid flat on the ground or removed
- Store away ladders and items which could fall over
- Cordon off tripping hazards such as hoses across walkways, areas that are slippery and broken/uneven concrete
- Lock up spray sheds and workshops, and cordon off slurry pits
- Ensure visitors with young children know where ponds and open water are – cordon off or supervise these areas
- Make sure the event is insured and that a risk assessment has been carried out (if you are a helper, please read it)

For more health and safety information see the Open Farm Sunday website: [www.farmsunday.org](http://www.farmsunday.org)

