

Grain crops such as wheat, which is used to make bread, flour and cereals, is collected with a combine harvester. Some fruits, like pears, are picked with tall machines, which tower over the trees, however many apples and other fruit and vegetables are picked by hand.



Farmers plant their crops at various times throughout the year, depending on the growing patterns of each crop. Some crops benefit from being in the frozen ground over winter, whilst others like to be planted in spring where there is less risk of frosts. As a result, different foods are harvested at different times of the year.

**This is known as the harvest.**

Food that we eat is often grown on farms in the countryside, when a crop has grown and is ready to eat, the farmer must collect it from the fields.

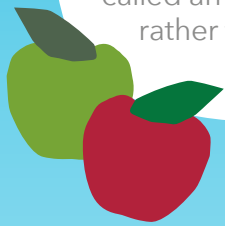
**This is when it should taste it's best**

## It's for Harvest

## Did you know?

### ...apples grow on trees

In an area where there are lots of apple trees it's called an apple orchard rather than a field.



### ...potatoes grow under the ground

It takes about 100 days after planting for potatoes to be ready to harvest.



## Fun facts about produce:

All peppers start life green and then some change colour as they grow.

Tomatoes are a fruit and not a vegetable.

Strawberries are the only fruit that grow their seeds on the outside.

Asparagus comes in three different colours: green, white and purple.

If you put all the carrots grown in the UK in one year in a straight line, they could reach the moon and back 2.5 times!



Co-op support British farmers and growers by selling British products in their stores. Due to the weather, certain fruit and vegetables grow better at different times of the year. Here is a seasonal wheel showing you what is in season when, this is when it should taste its best!

## Seasonal British produce



## Farm to fork

Fresh Produce

This booklet belongs to





## Fruit and vegetables

Fruit grows from flowers on plants after pollination and unlike vegetables, fruit contains seeds.

Vegetables grow from other parts of plants - for example stems, leaves and flower buds.

Match the following:



Cauliflower



Cabbage



Spinach



Potato



Broccoli

Grows from the leaf

Grows from the root

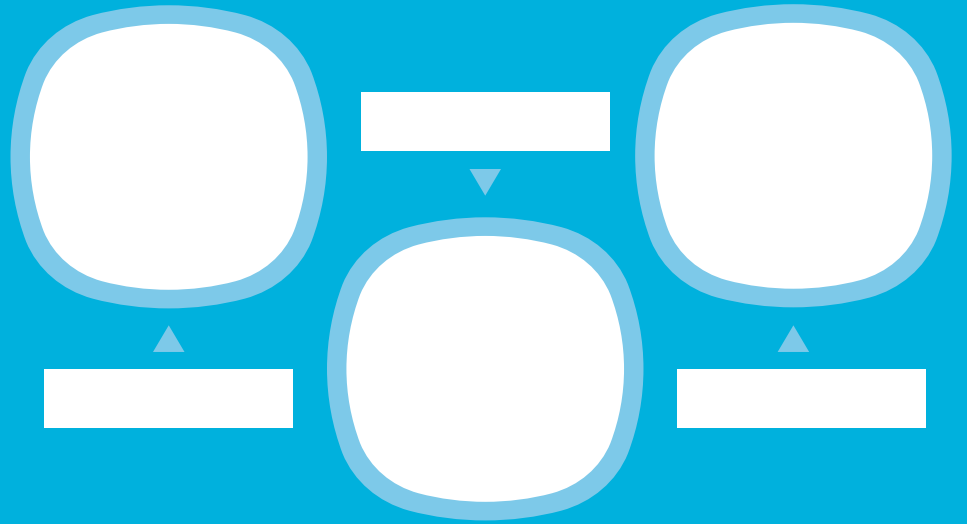
Grows from the stem

Grows from the stem

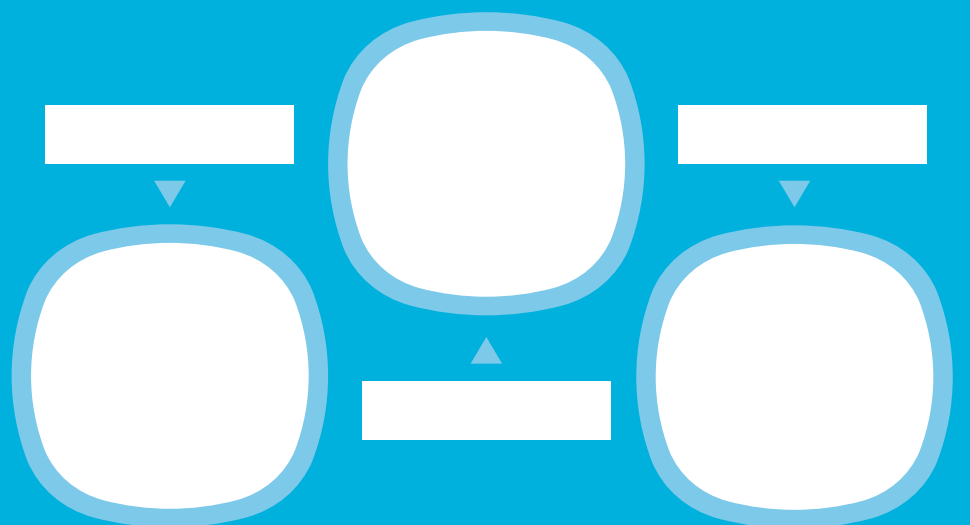
Grows from the leaf

Match the following answers:  
Cauliflower - Stem, Cabbage - Leaf, Spinach - Leaf, Potato - Root, Broccoli - Stem.

## Name and draw your three favourite vegetables



## Name and draw your three favourite fruits



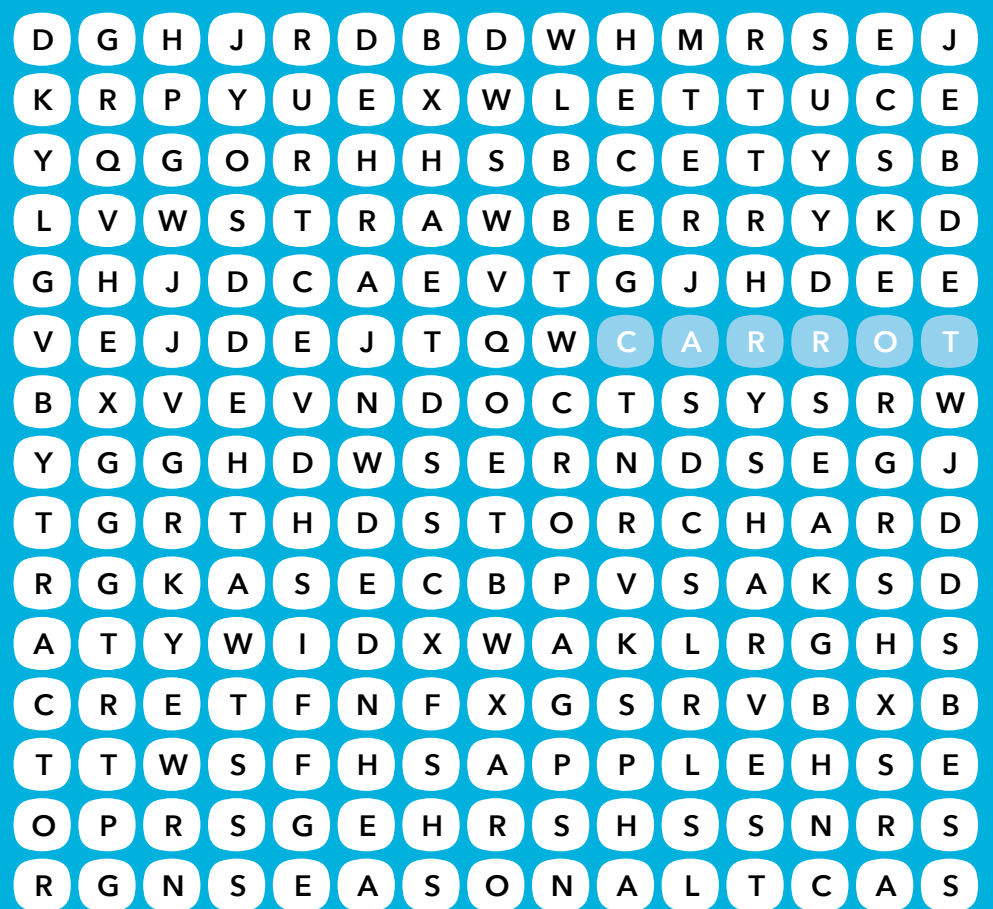
## Co-op Grower Groups

We work closely with suppliers to meet our commitments of British sourcing which includes Fruit, Vegetables and Flowers.

Meet Matthew, his family have been growing flowers for over 60 years and they supply the Co-op with British flowers, including daffodils and sunflowers!



## Can you find all the produce related words?



- Carrot
- Apple
- Strawberry
- Crop
- Lettuce
- Potato
- Grain
- Seasonal
- Tractor
- Harvest
- Orchard