

GROW YOUR OWN POTATOES

My Potato Journal

Name:



Your journal is full of potato information and activities for you to complete!
Decorate your potato journal cover with potato themed pictures. You could sketch or stick a picture of you and your class growing your own potatoes!

A large, empty white rectangular box with a drop shadow, intended for a drawing or writing. It is held in place by two pieces of white tape at the top corners.

Growing potatoes

Draw a sketch for each potato growing instruction.

Equipment:

- 3 tubers of one variety for one bag or pot and 3 tubers of the other variety for another pot (the extra potato is for our Beneath the Soil Experiment)
- chitting tray - an egg box is ideal
- 2 grow bags or other containers
- Compost
- 2 Potato Variety Labels

1 Place the seed potatoes on the correct holes of the chitting tray with their shoots facing up.

2 After two weeks, label your two Hado bags (one bag per variety) and half fill each one with compost.

3 Place three of each variety in the correct bag, on top of the compost, with the shoots facing upward.

4 Cover the potatoes with around 8cm of compost and gently pat down.

5 Place the growing bags outside, avoid direct sunlight.

6 When the top of the plants are level with the top of the bags, add more compost to halfway up the stems.

7 Check the potato plants and keep the compost moist by watering every few days.

8 Harvest the potatoes 14 weeks after planting.

Remember, if your class is entering the Grow Your Own Potatoes competition, you must use the seed potatoes provided and do your chitting, planting and harvesting on the specific dates given.

Note: You will find 4 tubers of one variety in your kit. The extra one is for the "Beneath the soil" project. Visit the website for more details www.growyourownpotatoes.org.uk.

Important note: The seeds in your Grow Your Own Potatoes kit are special "Seed Potatoes" (also called tubers). They are just like the potatoes you buy to eat except they are grown in special conditions to make sure they are virus free.



Potato tracker

Do a sketch or add a picture, and make a note about how your potatoes look every week or two.

Use this tracker to monitor your class potatoes and how well they are growing.

Week:

Date:



Week:

Date:



Week:

Date:



Week:

Date:



Week:

Date:



Week:

Date:



Week:

Date:



Week:

Date:



Week:

Date:



Potato hunt

Next time you visit a food shop or supermarket, try and find these potatoes! Write down where you found them, the variety and sketch the packaging.

Type	Where did you find them?	What variety of potato are they?	Sketch the packaging
Fresh			
Chilled			
Frozen			
Canned			

Make a list of potato varieties you can find which have boys' and girls' names!

Boys' names	Girls' names



Healthy eating

The Eatwell Guide shows us the types and amounts of foods we need to stay healthy.

List some of the foods you can see in each food group around the sides of the Eatwell Guide.



We should have a starchy food from the *Potatoes, bread, rice, pasta and other starchy carbohydrates* group with each main meal.

Think of your favourite meal that includes a food from the *Potatoes, bread, rice, pasta and other starchy carbohydrates* group for each of the meal occasions below.

Breakfast	
Lunch	
Evening meal	



Get cooking

Potatoes can feature in a number of recipes, like soups and breads. Here is a simple bread recipe for you to try in school or at home.

Why not add a picture of your finished rolls and explain how they tasted?

Potato and Rosemary bread rolls

Preparation time: 30 mins, plus an additional 30 mins for rising.

Cooking time: 10-15 mins

Serves: 8

Ingredients

- 1 large floury potato (approximately 250g)
- 250g strong plain flour
- 1 sachet quick acting yeast (7 grams)
- 2 x 15ml spoons dried rosemary
- 2 x 15ml spoon oil
- 150ml warm water
- Milk, for glazing
- Dried milk powder

Equipment

- Baking tray
- Vegetable peeler
- Knife
- Chopping board
- Saucepan
- Colander
- Potato masher
- Sieve
- Mixing bowl
- Measuring spoons
- Palette knife
- Measuring jug
- Flour dredger
- Cling film
- Pastry brush
- Oven gloves
- Cooling rack

Method

1. Preheat oven to 180°C (375°F) or gas mark 4.
2. Grease or line the baking tray.
3. Peel and chop the potato.
4. Boil potato until tender, drain well and mash thoroughly with the dried milk powder.
5. Sift flour into the mixing bowl.
6. Stir in the yeast and dried rosemary.
7. Make a well and add the oil, warm water and mashed potato.
8. Mix to form a soft dough.
9. Knead on a lightly floured surface for approximately 10 minutes or until the dough becomes smooth and elastic.
10. Place into the bowl, cover with cling film and leave in a warm place until doubled in size.
11. Turn the dough out onto a lightly floured surface and divide the dough into 8 equal pieces.
12. Shape each piece into a roll and place on the prepared baking tray
13. Brush each roll with a little milk, before placing in the oven.
14. Bake in the oven for 15-20 minutes, or until golden brown.
15. Cool on a cooling rack.



Potato profile

Research a potato and create a fact file.

You could include facts such as how long it takes to grow, where it grows, what potato dishes are best made with this potato.

Potato fact file for:

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Potato meal generator

Roll a dice four times to create a potato-based meal!
You could make one of the meals with your family.



	Roll 1	Roll 2	Roll 3	Roll 4
•	Mashed potato	Fish fingers	Peas	Glass of water
••	Jacket potato	Chicken	Carrots	Glass of orange juice (150ml)
•••	New potatoes	Homemade beef burger	Corn-on-the-cob	Glass of milk
••••	Potato wedges	Salmon	Broccoli	Water infused with cucumber
•••••	Roast potatoes	Nut roast	Baked beans	Berry smoothie (150ml)
••••••	Potato croquettes	Omelette	Spinach	Glass of water with ice cubes

Repeat this three times to create three meal options and record them here.

1				
2				
3				

If you cook any of your potatoes meals, take a photo and stick it in your journal so you can show everyone!

