

# Kids Grow Tomatoes

Delicious and full of goodness, tomatoes are a superfood that are really easy to grow. You can even start growing them on your bedroom windowsill!

What type of tomato do you like to eat most? Do you like tiny tomatoes that can be wolfed down straight from the plant, or larger tomatoes that can be sliced up for sandwiches and pizza toppings? Try growing a few different varieties to see which taste best.

## Popular tomato varieties

**Cherry** (eat straight from vine) 'Sungold'

**Plum** (pizza & pasta sauce) 'Roma Nano'

**Medium** (salads) 'Oh Happy Day'

**Beefsteak** (sandwiches) 'Cuore di Bue'

## What you'll need:

- Packet of tomato seeds
- Clean yogurt pots and larger pots
- 60 litre bag tomato compost
- Tomato feed
- Long sticks or canes

## Why should you eat them?

As well as being super tasty, tomatoes contain lots of important minerals and vitamins that keep you healthy:

### Vitamin C

Protects the cells in your body and boosts your immune system. It also helps your body to recover from colds!

### Lycopene

This antioxidant keeps the heart healthy, and is the reason some tomatoes are bright red.

### Vitamin A

Helps keep your eyes and other organs healthy.

### Potassium

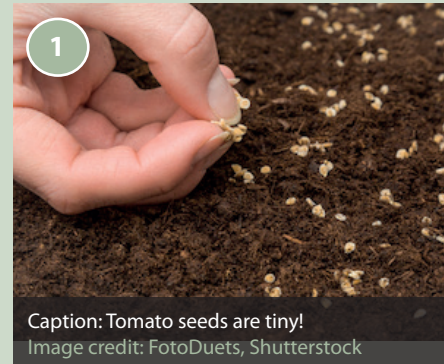
Helps your muscles function properly.

### High fibre

Keeps your digestive system in top condition.

## All the colours of the rainbow

Tomatoes aren't always red. With over 10,000 varieties, you can find tomatoes in pink, black, yellow, purple, and even white!



## Step 1: Start your seeds

- Fill the yogurt pots with compost.
- Drop two seeds into each pot, and sprinkle compost over the top.
- Cover with cling film and put on a sunny windowsill.
- Keep the soil moist, but not too wet.
- In 7-10 days, seedlings should appear.
- If both seeds germinate, just keep the biggest one.

## Step 2: Repot your seedlings

- When the seedlings are big enough, it's time to repot them.
- Gently plant them in a larger pot with fresh compost.
- Keep them on the windowsill and water every day.
- When they're 20cm tall, take your seedlings outside for a few hours each day. This is called "hardening off".

## Step 3: Plant your tomatoes outside

- Cut 2 small holes in the top of your growbag, about 30cm apart.
- Gently plant the tomatoes into the holes.
- Gently pinch out any extra side shoots so more fruits grow on the central stem.
- Tomatoes like lots of sun and lots of water!
- 'Vine' or 'cordon' tomatoes need to be tied to a cane with soft string.
- When flowers appear, give your plants some tomato feed once a week.
- Your tomatoes will change colour when they're ready to eat.