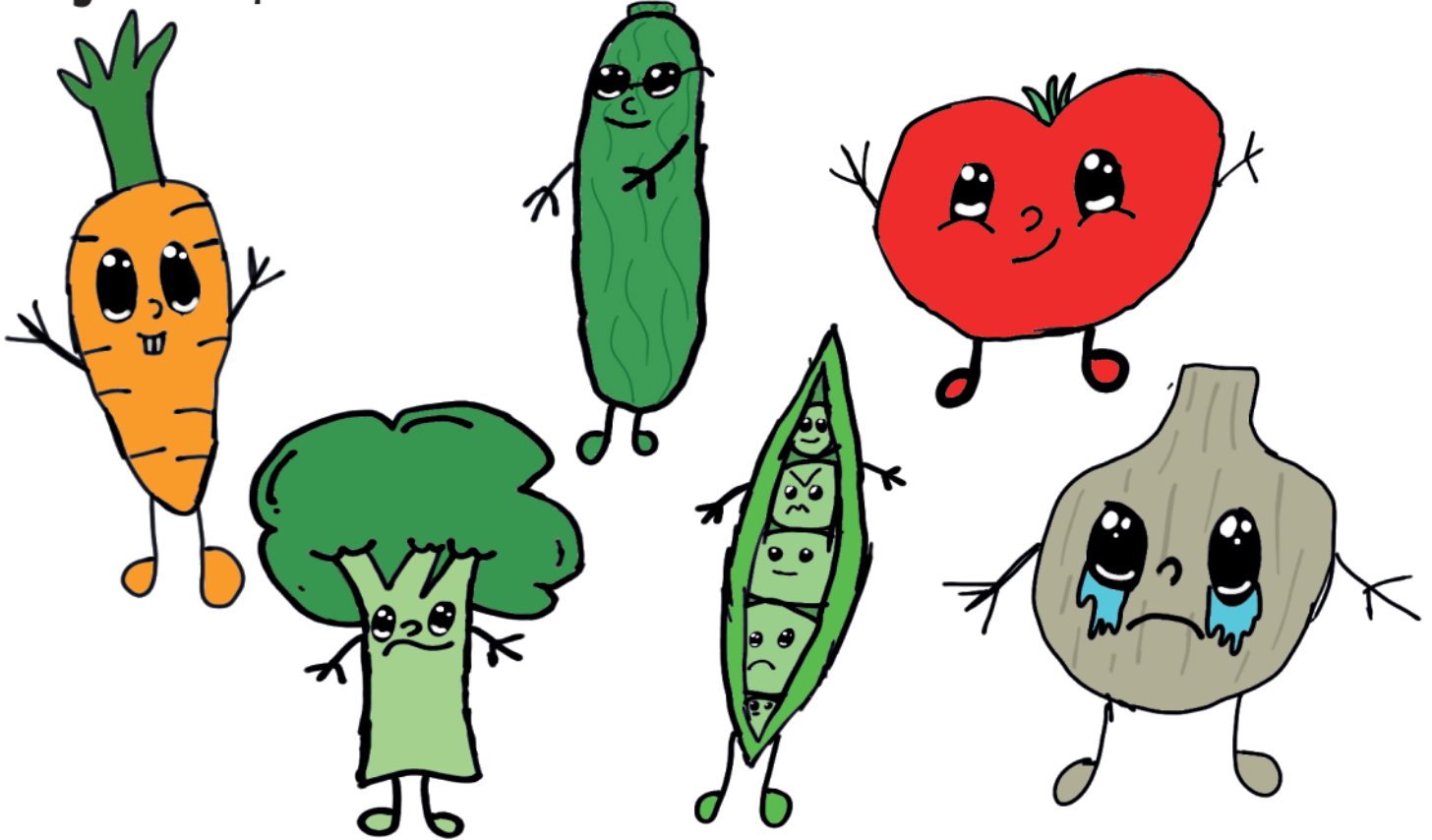


VEG Champions

Summer Eating Challenge

Veg Champion Name..... School.....



Will you become a veg champion?

Are You Ready to Become a Veg Champion?

We are looking for children and young people who can share with the world how wonderful veg is.

To become Veg Champion all you need to do is:

- Eat all 6 of our Super Six Veg during the summer holidays. You can follow the recipe ideas in this booklet or make up your own.
- Tell us about your veg adventures, using words, pictures, or both. There is plenty of space in this booklet for you to write and draw.
- Bring your Veg Champion booklet back into school so we can celebrate your achievement and receive your certificate and rewards.

So let's tell the world how amazing veg can be!

Grow Your own

As a veg champion you have been given some special growing kits so that you can enjoy salad all summer long.

Growing Lettuce

In soil, sow the seeds in rows and cover with 1cm of soil.

In containers or grow-bags, sprinkle the seeds lightly and cover with 1cm of compost.

Lettuce likes a sunny spot, or light shade.

Do not over-crowd the plants. After they have started to grow thin them out. This involves picking out some of the seedlings so the rest have room to grow.

Keep the soil moist and water regularly.

When the plants are ready to harvest, you can cut off the leaves and leave the root in the soil. The lettuce will then grow leaves again. You can do this 1 or 2 times.

If you sow a new batch every 2 weeks you will have salad leaves whenever you want, all through the summer.

Pea Shoots

Pea shoots are the very latest food fashion. Pea shoots are from the very young pea plant, and taste just like peas, but even fresher.

They are great in salad, and can be used as a garnish for any main course.

Growing Pea Shoots

You can grow them in the garden or a shallow container with holes for drainage.

You can make your own growing tray using food tubs or even egg boxes.

Water the soil or compost and let it drain for a few minutes.

Place the peas about 1cm apart.

Cover with 2cm of soil or compost and water lightly.

Make sure the soil or compost stays moist by watering regularly.

Cut the shoots when they are 10-15cm tall (after 2-3 weeks). Cut them just above the first set of leaves. The shoots will grow back 1 or 2 times.

Don't let them grow too big or they will get tough.

Sow every 2 weeks and you will have pea shoots all summer.

RECIPE IDEA
SUPER CARROT COLESLAW

Ingredients

At least 3 carrots.
Any other vegetables you feel like using.
2 or 3 spoons of mayonnaise.

Instructions

- Grate the carrots,
- Chop the other veg really small (or grate it)
- Mix in the mayonnaise
- Leave the flavours to mix for a few minutes (or even longer)
- This is a perfect side to go with any main course in the summer

Tips

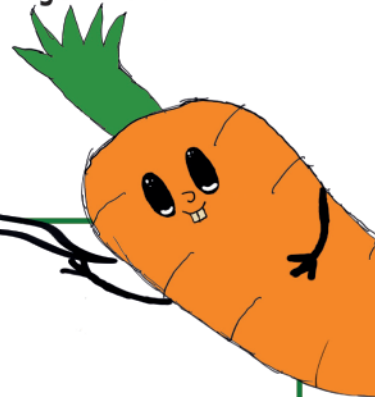
A splash of lemon juice makes the mayonnaise go further. It also adds extra flavour and vitamin C.

If you leave the mayonnaise out all together this becomes a vegan friendly dish.

Carrots have a sweet taste, so you may want to mix it with a different flavour, like onions, green pepper or cabbage.

Tell us which veg you think goes best with the sweet sweet carrots.

Share your carrot adventures-
in words or pictures



Here is our version of the recipe



RECIPE IDEA
PEA AND PASTA PERFECTION

Ingredients

Frozen Peas
Pasta
Anything that you think will taste nice with peas

Instructions

- Boil the pasta (as per the instructions on the packet)
- Meanwhile cook the peas in boiling water for 3-4 minutes
- Drain the pasta and return to the pan
- Drain the peas and add to the peas
- Add the other ingredients
- Serve

Tips

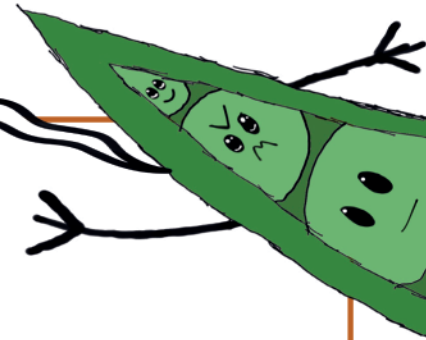
Grated cheese and a little butter makes a simple but delicious addition.

Or you could add tuna and lemon for a taste of the sea.

For something more filling add pasta sauce to the mix.

Don't forget to share your favourite combinations.

Share your pea adventures-
in words or pictures



Here is our version of the recipe

RECIPE IDEA
CLASSY CUCUMBER 'TEA SANDWICHES'

Ingredients

Sliced white bread (or brown bread if you want to change things up)
A cucumber
Cream cheese (or mayonnaise)

Instructions

- Cut off the bread crusts
- Spread the bread slices with cream cheese (or mayonnaise)
- Thinly slice the cucumber and add to the bottom slice of bread
- Add the top slice of bread
- Cut the sandwiches
- Tea is served

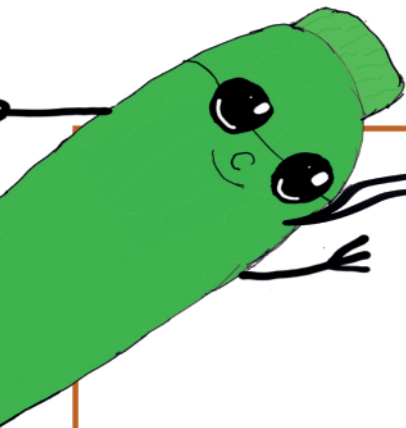
Tips

These are perfect picnic sandwiches, because the cream cheese stops the bread from turning soggy. You can make them in the morning and they will stay fresh all day.

You can mix herbs into the cream cheese before you spread it to level up the flavour - fresh dill or chives are great.

Or you can get cream cheese that is already flavoured, and save yourself some work.

Are you going to take yours to a picnic?
Then share your day out with us.



Share your cucumber adventures-
in words or pictures

Here is our version of the recipe



RECIPE IDEA

PAN FRIED ONIONS IN ZINGY TOMATO SAUCE

Ingredients

Onions (red onions or spring onions)

For the sauce

Tomato puree

Lemon (or lemon juice)

Spices and garlic (for example ground cumin, ground coriander, paprika etc)

Vegetable oil (or olive oil)

Instructions

- For red onions slice them thickly long ways
- For spring onions peel off the first layer and then trim the roots and the tough part of the green stems
- Put the onions in a bowl of boiling water for 4-5 minutes (this removes the harsh flavour)
- Drain

- Fry with a little oil. They are cooked when they are softened but still firm
- Serve with the zingy tomato sauce

for the sauce

- Mix a couple of dessert spoons of tomato puree with juice from 1/2 to 1 lemon
- Add a little oil
- mix in your choice of spices and crushed or chopped garlic
- Add a little water if needed
- Let the flavours blend for a while

Tip

Roasted red pepper takes the sauce from zingy to super amazing.

This is a brilliant side dish!

Share your onion adventures-
in words or pictures



Here is our version of the recipe

RECIPE IDEA
BROCCOLI CRUNCH

Ingredients

Broccoli
Breadcrumbs
Grated cheese
Herbs and spices (for example oregano,
paprika, salt and pepper)

Instructions

- Cook the broccoli in boiling water. Make sure that you don't overcook it. It should be soft but still quite firm
- Once it is cooked drain and leave for a few minutes to dry
- Make a 'gratin' by rubbing together the breadcrumbs and grated cheese. Add any herbs or spices
- Put the broccoli in an oven proof dish and

cover with the breadcrumbs and cheese

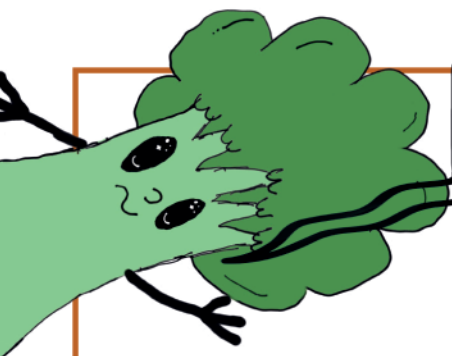
- Put the dish under a hot grill for a couple of minutes and let the cheese and breadcrumbs toast

Tips

Make your own breadcrumbs using stale bread, or leave out crusts to dry. Grate them or crumble them with your fingers.

This is a lovely summer dish. In winter you can make it into a warming meal by adding cheese sauce before topping with the breadcrumb and cheese mix.

Peel, chop and cook the stems as well, it tastes great.



Share your broccoli adventures-
in words or pictures

Here is our version of the recipe



RECIPE IDEA:
BRUSCHETTA, OR THE BEST TOMATO SANDWICH EVER!

Ingredients

Tomatoes
Nice bread (french bread, ciabbatta, tiger bread)
Garlic
Oil
Herbs (eg oregano, italian herb mix, fresh basil)

Instructions

For the topping

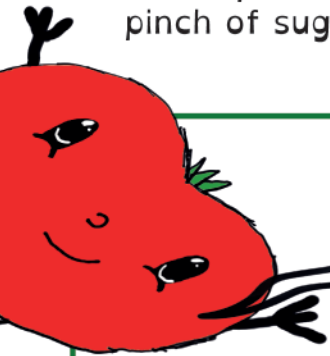
- Cut the the tomatoes into medium small pieces
- Add any herbs
- Add a pinch of salt and perhaps a pinch of sugar

For the toast

- Slice and toast the bread. It only needs to be very lightly toasted, enough to be crispy but not too brown
- Peel a clove of garlic and rub it on the slices of toast
- Brush or drizzle oil on the bread
- Spoon the chopped tomatoes on the bread, including any juice

Tip

You could use shop bought salad dressing instead of oil and garlic.



Share your tomato adventures-
in words or pictures



Here is our version of the recipe

Are you ready to level up?

Become a Veg Hero!

Use the space below to tell us about all the other vegetables you ate this summer

or

Share your own veg recipe with us.

Are you ready to level up?

Become a Veg Star!

Use the space below to make a poster that encourages others to eat and enjoy vegetables.

Are you ready to level up?

Become a Veg Creative!

Use the space below to create your own veg character. The winning characters will appear in one of our comics.

Or, you can create your story or comic with our characters.



Join us on social media for even more recipe ideas and veg adventures:

Facebook: [hullfoodpartnership](#)



Twitter: [@FoodHull](#)



Instagram: [@hullfoodpartnership](#)



Youtube: [Veg Cities Hull](#)



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Hull City Council (for compost)
The Falafia
Hitchcocks Vegetarian Restaurant

To find out how to get involved in future initiatives, contact: hullfoodpartnership@gmail.com

