










My Achievements :

-  I looked after and grew my tomato plant from a seed
-  I measured the plant height and recorded the dates
-  I grew tomatoes and counted the fruit
-  I ate a tomato that I had grown myself
-  I dried the seeds from my tomato ready to grow again
-  I made tomato soup (with support from an adult)
-  I made pizza (with support from an adult)
-  I made tomato ketchup (with support from an adult)
-  I made spaghetti bolognaise (with support from an adult)

Certificate

Date: _____

Signature: _____



 Staffordshire
County Council

 Cannock
Chase
COUNCIL

My Tomato Journey



Tomato Facts :



Tomatoes aren't always red, they can be yellow, pink, purple, black and even white.



The largest single tomato plant in the world is in Walt Disney World, Florida, in the USA. It covers an area that is bigger than an Olympic size swimming pool.



Heinz Tomato Ketchup has a speed limit. If it pours at more than 0.028mph when it's in the Heinz Tomato Ketchup making factory, it's considered too runny and rejected.



La Tomatina is an annual festival in Spain, where people throw 150,000 tomatoes at each other.



Tomatoes are specialised reproductive structures that contain seeds, and should be classed as a fruit. However in 1887 the US Supreme Court ruled under the Tariff act 1883 that they were a vegetable, which then protected American farmers because vegetables were free of tax.



Tomatoes originate from the Andes in South America, where they grow wild in what is now known as Peru, Bolivia, Chile and Ecuador. They were first cultivated and grown by the Aztecs and Incas as early as 700 AD.



The largest tomato recorded was picked in Oklahoma, USA, in 1986. It weighed 3.5kg = average weight of a UK new born baby.



Tomatoes have medicinal properties. They can lower the risk of cancer, prevent cardiovascular diseases, are full of minerals and vitamins, lowers hypertension, regulate blood levels, dissolves gallstones, reduce the severity of blood clots and treats inflammation. (Look it up on the internet!)

Simple Recipe

Meatballs and Spaghetti (MUST have adult help)

Ingredients

For the meatballs

- ♦ 4 cream [crackers](#)
- ♦ 500g/1lb 2oz lean [beef mince](#)
- ♦ 1 teaspoon dried mixed [herbs](#)
- ♦ 1 free-range [egg](#)
- ♦ 1 table spoon [olive oil](#)

For the tomato sauce

- 1 table spoon [olive oil](#)
- 2 [onions](#), finely chopped
- 1 small [carrot](#), grated
- 1 garlic clove, crushed
- 1 x 400g tin [chopped tomatoes](#)
- 2 table spoon [tomato purée](#)

500g/1lb 2oz [spaghetti](#), cooked according to packet instructions salt and [pepper](#)

Method

- * Put the cream crackers in clean material. Wrap the material in a tea towel and bash with a rolling pin until crushed.
- * Put the mince in a large bowl, add the mixed herbs and crushed cream crackers. Tap the egg gently on the side of the bowl and crack the egg into the bowl. Mix the mince mixture together with your hands, wet hands are best for this job. Really get squished in so all the ingredients are mixed together.
- * To shape the meatballs take a spoonful of the mince mixture and place in the palm of your hands. Cup your other hand over the mince and roll to make perfectly round meatballs. Make 16 meatballs, put the meatballs on a large plate and chill in the fridge for 20 minutes.
- * Wash your hands very carefully with lots of soap.
- * To make the tomato sauce, heat a large pan and add the oil. Add the onion, carrots and garlic and fry for 6 minutes, or until soft but not browned. Add the tinned tomatoes and tomato purée. Season with salt and pepper and simmer for 15 minutes on a low heat.
- * Heat a tablespoon of oil in shallow pan, add the meatballs and cook over a medium heat for a few minutes until browned on the outside. To keep your meatballs round when frying, hold the handle of the pan and shake the pan in a round action so that the meatballs never have a chance to settle and flatten and remain round.
- * When the meatballs are evenly browned and cooked through, add them to the tomato sauce and simmer for a further 5 minutes. Serve the meatball sauce with spaghetti.

Simple Recipe

Easy no-yeast pizza (**MUST** have adult help)

Ingredients

For the sauce

- ◆ 400g tin [chopped tomatoes](#)
- ◆ 1 teaspoon dried mixed [herbs](#), plus extra for topping
- ◆ 2 pinches [caster sugar](#)
- ◆ 1 [garlic](#) clove
- ◆ 200g/7oz [mozzarella](#) (or any other cheese), for topping
- ◆ salt and [black pepper](#)

For the dough

- 300g/10½oz [self-raising flour](#), plus extra for dusting
- 1 teaspoon [baking powder](#)
- ½ teaspoon [salt](#)
- 300g/10½oz natural [yoghurt](#)

Method

* Preheat the oven to 220C/200C Fan/Gas 7 and put two baking trays in to heat.

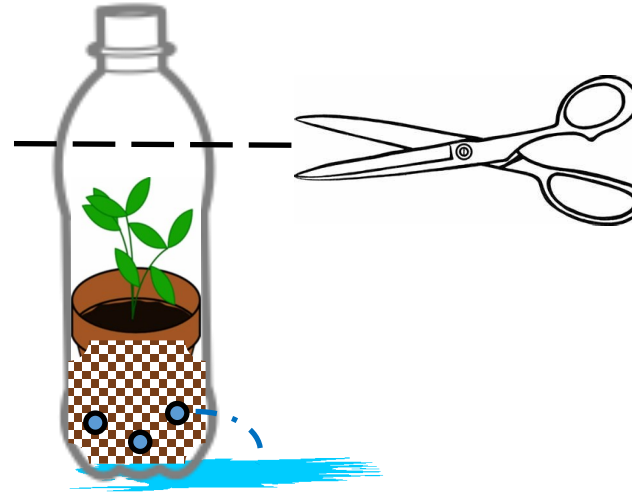
* For the sauce put the tomatoes, mixed herbs and sugar in a saucepan. Peel and finely grate the garlic, add it to the pan and set over a medium heat. Simmer gently for 10 minutes until thickened then remove from the heat and season with salt and pepper. Leave to cool.

* For the dough, mix the flour, baking powder and salt in a bowl and make a well in the middle. Pour in the yoghurt the stir with a fork to combine. When the mixture forms a rough dough, turn out onto a lightly floured work surface and knead to form a smooth ball. Divide the dough into 4 equal pieces and roll out into thin circles.

* Carefully remove the hot baking trays from the oven and lay the pizza bases on top. Bake for 3-4 minutes until beginning to rise then remove from the oven.

* Turn the pizza bases over and top with the sauce. Scatter the mozzarella over the top. Season with black pepper, sprinkle over a pinch of herbs then return to the oven. Bake for 5 minutes until the bases are crisp and the cheese is bubbling.

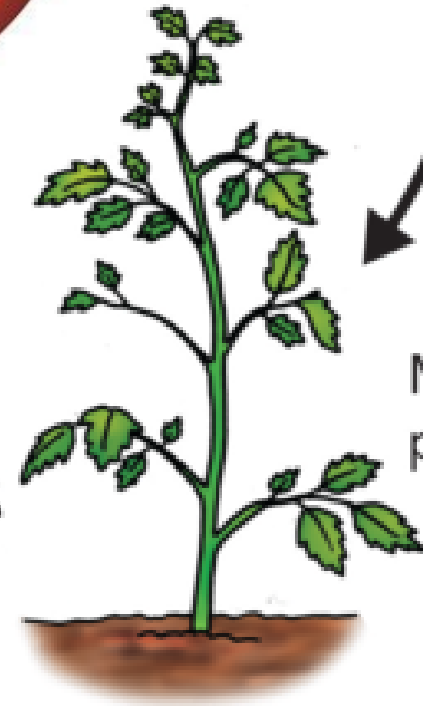
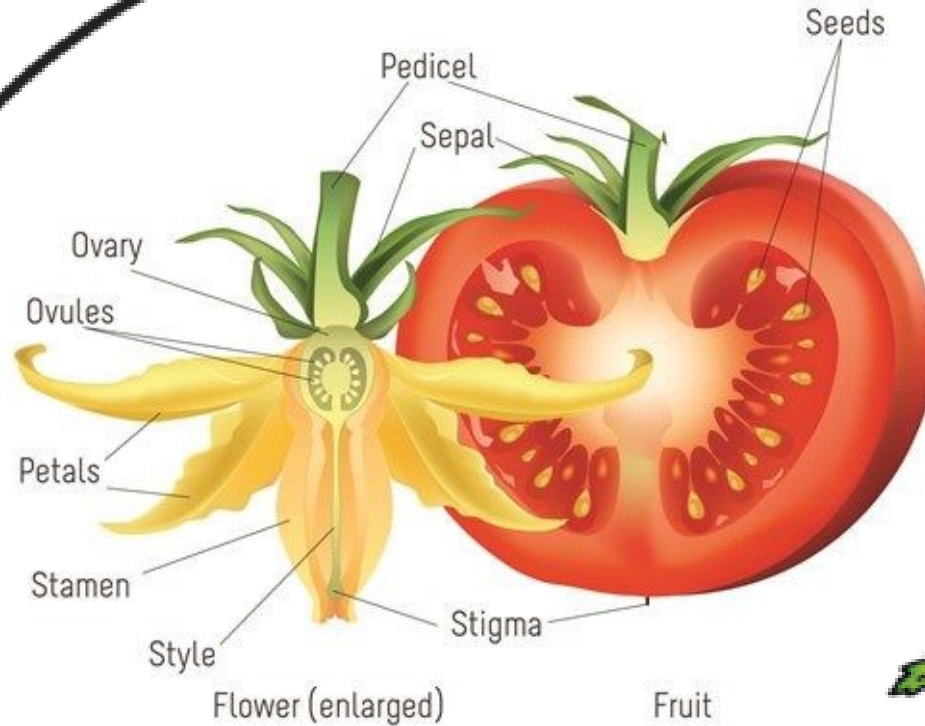
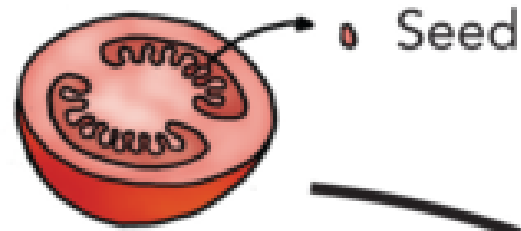
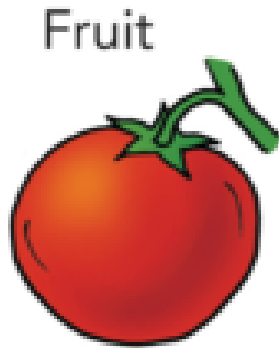
Growing Tomato Seeds



1. Find a sunny spot inside or outside that has plenty of space
2. Recycle a large plastic bottle and make sure it is clean (only black bottles can not be recycled)
3. Remember to put holes in the bottom to allow water to run out so the roots do not drown
4. Transplant one plant as it grows into one bottle and put more soil into the bottom of the bottle
5. Remember to water your plants regularly and check them
6. As the plant grows, support the plant with a stick and string to stand up
7. Watch your plant daily and record the changes
8. Make sure the bees can get to your flowers, you will not get tomatoes without them.

Tomato Seed

Life Cycle



Make sure the bees can get to your flowers, you will not get tomatoes without them.

Do not harm the bees, they will not sting you if you leave them alone.

Watch, Observe, Learn!

