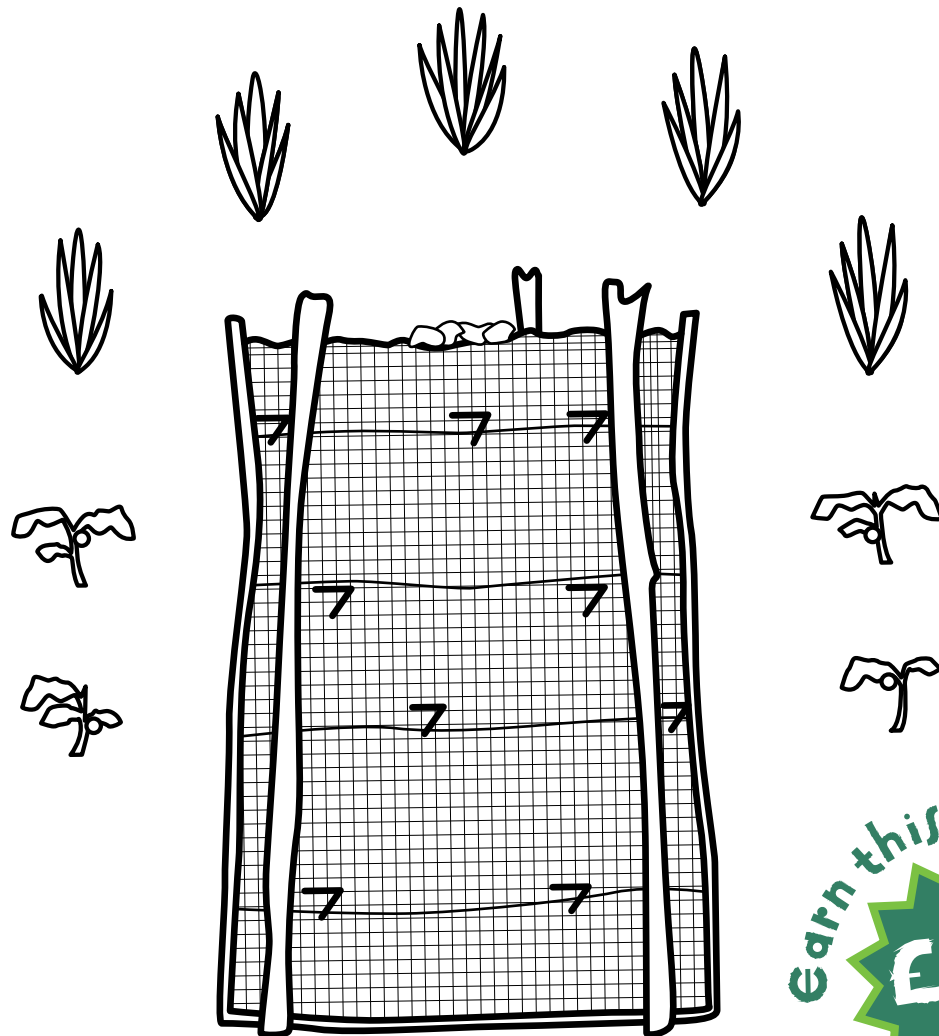


# Bag Gardens

Buy the gift of a Bag Garden - with information and a photo at:  
[www.sendacowgifts.org.uk](http://www.sendacowgifts.org.uk)



Earn this by raising  
**£10**  
and make one!

**Bag Gardens** Bag gardens are a simple way of growing vegetables in a small space. They make good use of compost and rainwater and many children look after their own - often selling the crops they produce!

**Garden Fact:** You can grow as many as FIFTY plants in a well-planned Bag Garden - as they use soil really efficiently!

## Great ideas for your class:

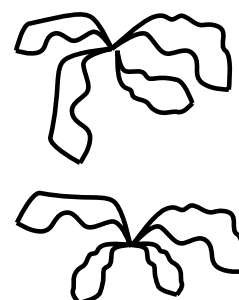
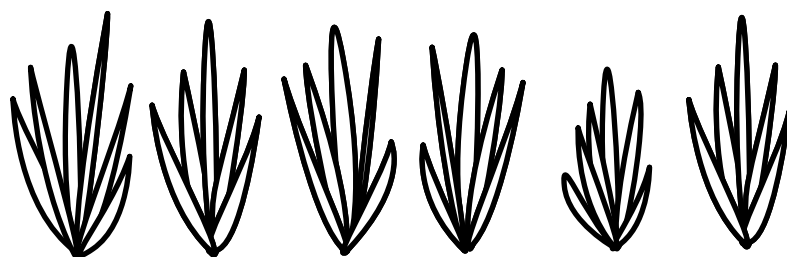
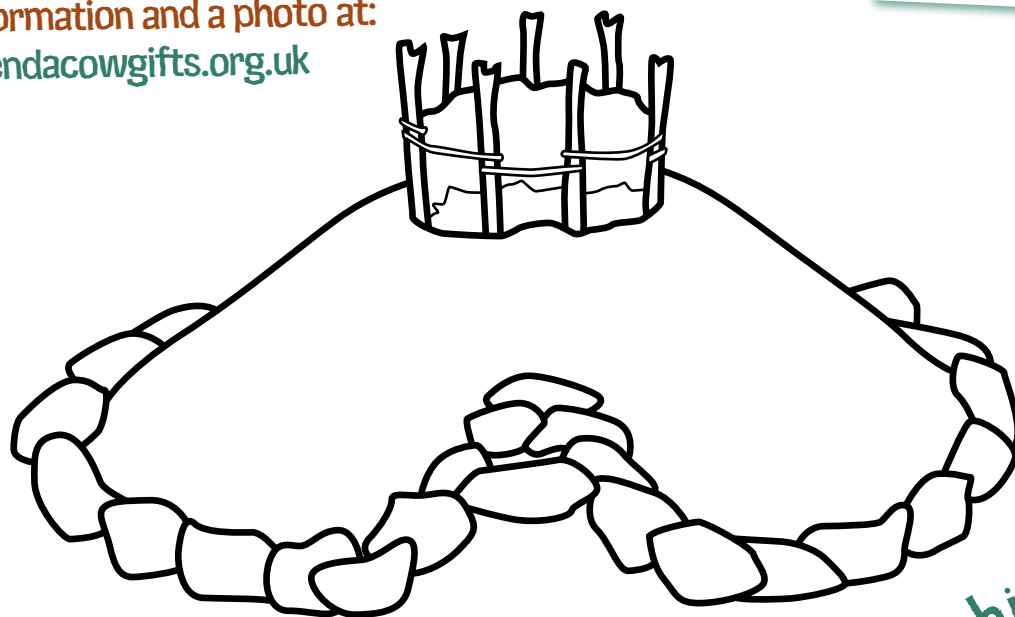
Make a Bag Garden in your school using one of our Starter Kits. Then sell any spare seedlings to parents to earn your garden for the display!

See a Powerpoint, animation, read stories and order a kit for Spring at:  
[www.sendacow.org.uk/africangardens](http://www.sendacow.org.uk/africangardens)

[www.sendacow.org.uk/africanfarmyard](http://www.sendacow.org.uk/africanfarmyard)

# Keyhole Gardens

Buy the gift of a Keyhole Garden -  
with information and a photo at:  
[www.sendacowgifts.org.uk](http://www.sendacowgifts.org.uk)



Earn this by raising  
**£12**  
and make one!

**Keyhole Gardens** This special garden, called a 'Keyhole Garden' has a compost basket in the middle that you can put vegetable peelings in to 'feed' the plants.

## Great ideas for your class:

Make your own Keyhole Garden at school using one of our starter kits! So why not get the whole community involved to construct, dig and plant your garden? More information at:  
[www.sendacow.org.uk/africangardens](http://www.sendacow.org.uk/africangardens)

**Keyhole Garden Fact:** This garden design is great for re-using waste water which is poured in the middle. It also stops 'leaching' - which is when rain and flood water washes valuable minerals out of the soil and into the dusty ground around.

# Sweetcorn Plants



**Sweetcorn** Sweetcorn, or 'maize' as it known as in Africa, is a very common crop to grow. 'Cobs' are usually dried, pounded, and then ground into a flour which is used in cooking many different meals.

**Corn Fact:** Sweetcorn always has an even number of rows on each cob!

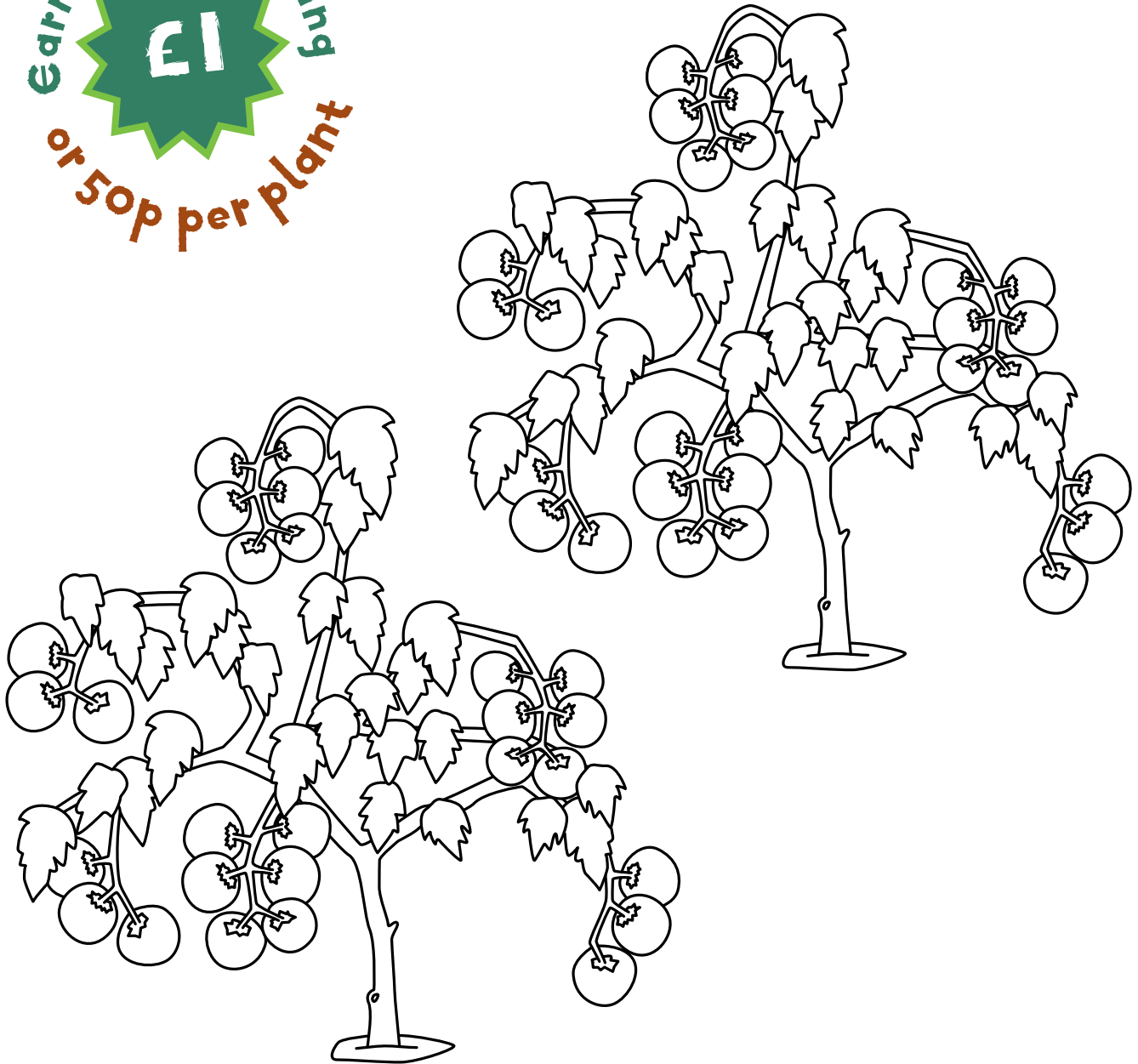
## Great ideas for your class:

Don't forget to create your own plot for your sweetcorn plants on your art piece! You could have a 'Sweetcorn Snack' to raise money, with pupils paying to 'plant' their sweetcorn on the display and in return try some mini-sweetcorn on cocktail sticks.

# Tomato Plants



Earn these by raising  
**£1**  
or 50p per plant



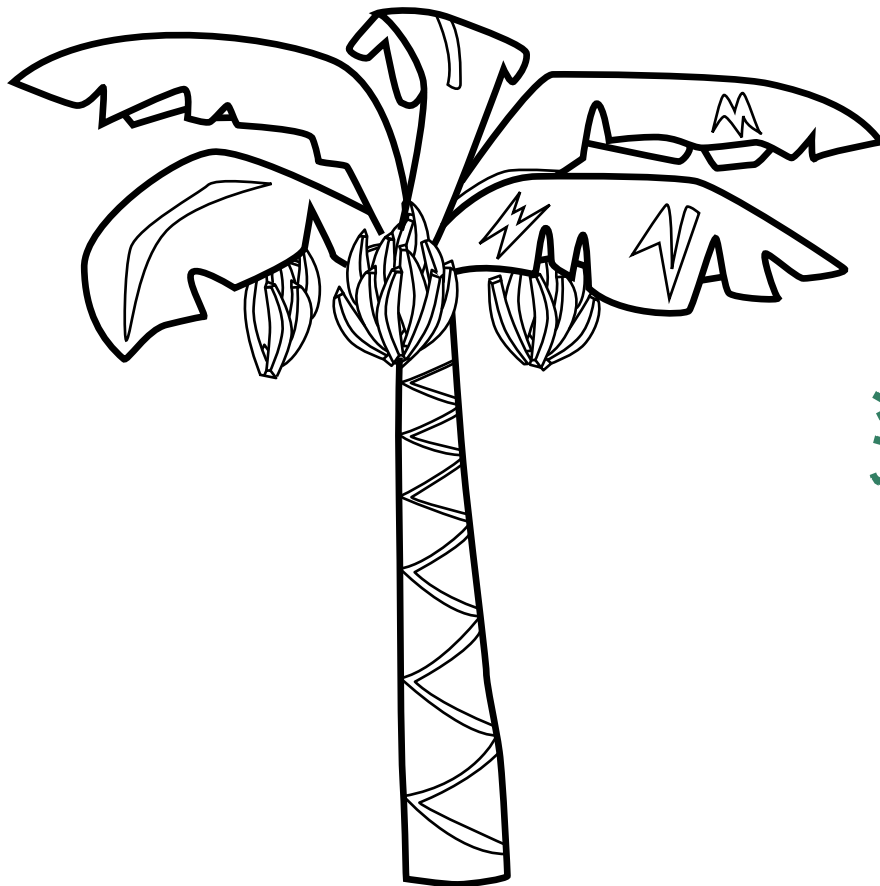
**Tomatoes** are grown in many parts of the world, including the UK and Africa, where they are often added to sauces and stews.

**Tomato Fact:** The tomato is one of the world's most popular fruits. An amazing 60 million tons are produced every year. Its Latin name is *lycopersicon lycopersicum*, which means 'wolf peach'!

## Great ideas for your class:

Grow some bush-type tomatoes in an old container and compare the taste with bought ones. Weigh what you get from your plants and work out how much it would cost in a shop, and then compare that with the cost of the seeds. So what's the difference?

# Banana Plants



**Banana Plants** Banana plants can be seen growing all over East Africa and steamed/mashed cooking banana, called 'matoke' is a staple food for many families.

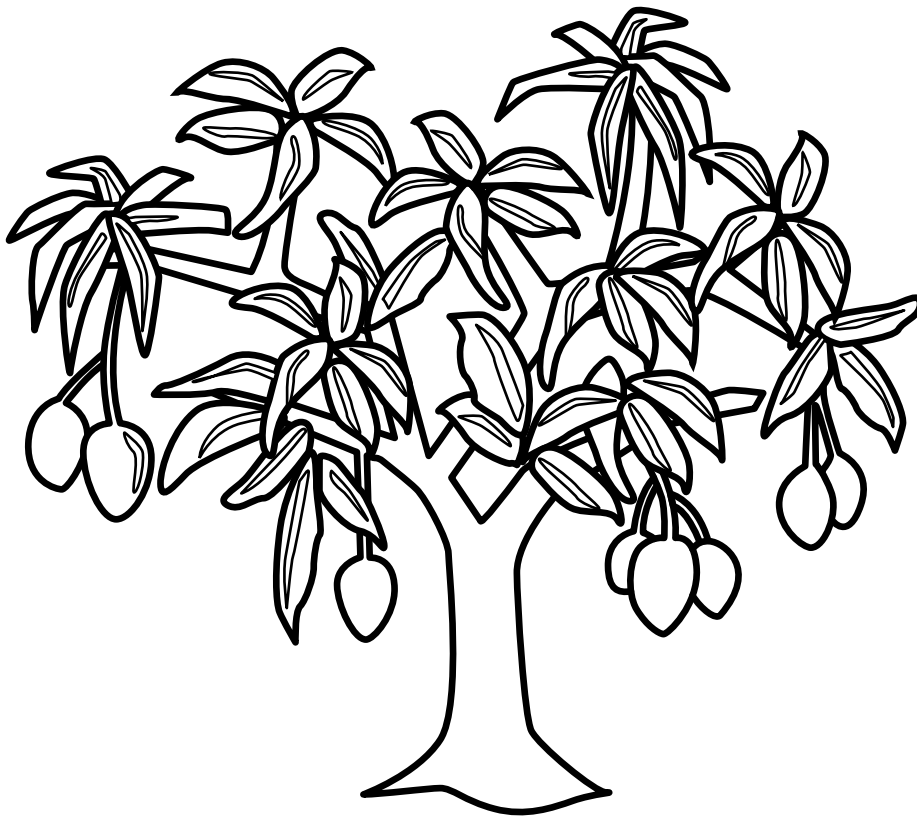
**Banana Facts:** 'Banan' is Arabic for finger! And bananas give a quick energy boost - perhaps that's why, at Wimbledon, over 35,000 are eaten by players, linesmen and ball boys and girls in just 2 weeks!

## Great ideas for your class:

Research some recipes and then get cooking with bananas! Banana cake, banoffee pie, banana curry, banana fritters, banana shakes... anything goes! Then have a Banana Party - with everyone in yellow, some cool reggae music and banana shaped tickets - price, one banana (to get in) and one pound for Send a Cow (to get out!).



# Mango Trees



**Mango Trees** Mangoes sometimes called the 'King of Fruit' are tasty, really good for you and simple to grow in East Africa.

**Mango Facts:** Mango Trees are very special in India - they're the symbol of love, and some people believe they can grant your wishes! Also Hindu poets used to chew mango buds, to sweeten their voices!

## Great ideas for your class:

Use the web to research growing mangoes in the UK – find a sunny windowsill and have a go! You won't get actual fruit in this climate, but a 'Whole Class Mango Tasting Session' will make up for it! (Especially with ice cream or sorbet...)