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Opening extract from

RHS: Grow it, Eat it

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Eat it

Giant beanstalk stir-fry

You'll need

Grab yourself a handful of beans from your beanstalk and be amazed at how quickly you can magic up a stir-fry for any Giant's appetite!



50g (2 oz) dessicated coconut | 2 tbsp sunflower oil | 1 clove of garlic, sliced | 6 spring onions, chopped | 1 bulb of fennel (core taken out) | 500 g (1 lb 2 oz) French and runner beans, thinly sliced | 2 tbsp soy sauce, 1 tbsp rice vinegar | 100 g (4 oz) beansprouts | 50 g (2 oz) fresh coriander, chopped | 200 g (8 oz) wholewheat noodles | + 1 tbsp sesame seeds



1 Place the coconut in a bowl of warm water, cover, and leave for 20 minutes. Strain the coconut through a sieve, pressing it against the sides.



2 Heat the oil in a large frying pan or wok. Add the garlic, onion, and fennel. Stir all the time for about two minutes, using a wooden spoon.



3 Add your sliced beans and fry quickly, stirring all the time. Pour on the soy sauce and vinegar. Stir in, then remove the pan from the heat.



4 Add the beansprouts to the stir-fry. Sprinkle on the coconut and coriander. Then give the mixture another good stir. Mmm! Smells good.



5 Cook some noodles, following the instructions on the packet. Drain the noodles using a sieve then spoon them into your serving bowls.



6 Spoon out the stir-fry on top of the noodles. After roasting the cashew nuts and sesame seeds, sprinkle over and serve. Fee fi fo fum, here I come!

Go to page 18 for more bean recipe ideas.

Crunchy, nutty beans

Grow it From to in 30 weeks

Onions grow in sunny places.

Onion

Plants from the onion family all have swollen leaf bases or bulbs. Large onions, spring onions, shallots, leeks, and even garlic are part of this family.



Onions can be grown quicker by planting onion sets.



1 Make a trench 1 cm (½ in) deep in a small container. Sow onion seeds very thinly along the row. Cover with soil, then water, and add a label.



2 Or you could sow your seeds in biodegradable bags. Sow your seeds in early spring or late summer for harvesting later in the year.



3 After germinating, thin out the onion seedlings and pull out any weeds. Keep the soil moist but not very wet.



4 Carefully transfer your onions to a larger pot, spacing them out well. Water when the soil is dry and use a liquid feed once a month.



5 Pull back the soil around the swollen onion bulbs. This is the time to stop watering and break off any flower stems that appear.



6 Lift your onions out of the ground two weeks after the leaves turn yellow and flop over. You might need to use a garden fork.

Grow it From to in 30 weeks

Leeks grow in sunny places.

Leek

Grown for more than 6,000 years, it is said that leeks were even eaten by the ancient Egyptians, who built the pyramids.



Grow your own garlic
Place one clove, pointy end up, 5 cm (2 in) deep in a medium-sized pot and cover with a little soil. Always keep the soil moist. Break off all flower stems and stop watering in late summer. Lift in the same way as onions.



1 Make a hole 1 cm (½ in) deep with your finger or a pencil, and put in a few leek seeds. Cover with soil and water. You can keep them outdoors.



2 Once the seedlings are growing well, water them well. Then make some holes 15 cm (6 in) deep in a large pot. Now, lift out the seedlings and carefully separate them.



3 Trim each leek's root ends to 3 cm (1 in) long with scissors. Then place each one into it's own hole in the large pot.



4 Fill each hole with water. The soil washed in will hold each leek in place. Continue to water regularly and use a liquid feed once a month.



5 Get longer leeks by adding more soil to the pot, so raising the soil level around the base of each leek.



6 Lift some baby leeks when small. Other leeks you can leave in longer, even over winter, to grow bigger.

Eat it

Sunflower pot loaves

You'll need

Fill your kitchen with the homely smell of bread-making. Also, why not try roasting sunflower seeds to munch as a snack.









1 Scrub the new flower pots with clean water. Oil the pots inside and out and bake them in a preheated oven. Let them cool. Repeat this process twice more.

2 Place the flour, salt, sugar, and yeast into a large bowl. Make a well in the centre and pour in the water and olive oil. Mix to make a soft but firm dough.

3 Turn the dough out onto a lightly dusted work surface and knead well for at least 10 minutes. Swap over with an adult if your arms are getting tired.







4 Make a dip and add ¼ of the sunflower seeds. Knead them into the dough.

5 Divide the dough into four pieces and place one ball into each flower pot. Cover the pots with a plastic bag and leave until the dough has doubled in size.

6 Brush the tops of the risen loaves with a little milk. Sprinkle over the remaining sunflower seeds and bake the loaves in the oven until golden.

Go to page 79 for another sunflower seed recipe idea.

Slip me out of the pot and look what you've got!