

Recipe creation competition
for KS2, KS3 and KS4/5

PRIZES

We'll choose three overall winners, who will all receive an ASUS tablet and £300 for their school, as well as being published in a Love Your Greens recipe book. A further 30 runners up will also be published in our recipe book.

Closing date 31st August 2015



The Brassica Growers Association is inviting you to take part in an exciting challenge; to get children and young people to discover the delicious and healthy food dishes that can be made using good old-fashioned green vegetables.

Yes, the much maligned sprout, cabbage, cauliflower, swede and broccoli—otherwise known as brassicas have lost a bit of ground in recent years to more 'exotic' food. But now it's time to rediscover how to tuck in to these delicious vegetables!

THE BRIEF

We want you to work with your pupils to come up with a delicious dish that incorporates one or more of the classic brassica vegetables.

There are lots of recipe ideas to inspire you at www.loveyourgreens.co.uk or perhaps you have a tried and trusted recipe that you can work on to adapt. Maybe you can create a novel twist by combining ingredients or introducing something unexpected that could turn a sprout from a yuk into a yum for young people!

The competition is open to all under 18's. Find Terms & Conditions on our website:

<http://www.loveyourgreens.co.uk/schools>

HERE ARE THREE POSSIBLE STARTING POINTS

A BIT CHEESY

Why not come up with a novel twist on a good old favourite, like Cauliflower Cheese.

www.loveyourgreens.com/recipes/the-ultimate-cauliflower-cheese/

Maybe you can make this classic dish more delicious, for example by using:

- An alternative cheese or cheeses?
- Herbs and spices?
- A meat product like bacon?
- Add some heat with a sliced chilli?
- An extra vegetable, perhaps even a second brassica?

POWER OF THE WEDGE!

Potato wedges are very popular in many top restaurants and at home too. For example, try taking our Roast Swede wedges with parmesan recipe.

www.loveyourgreens.com/recipes/roast-swede-wedges-with-parmesan/

Can you come up with a version using this as a starting point?

What could you sprinkle them with to make them super tasty?

What other ingredient might complement them?

What about creating a dip for them?

SPROUTING NEW IDEAS

New modern varieties of sprout are a lot less bitter than those of yesteryear. Many people used to be put off by soggy over-boiling. But there are so many other ways to cook with them— can you be part of a sprout revolution?

For example, take a look at the Potato and Brussels Sprout crush recipe:

www.loveyourgreens.co.uk/recipes/chopin-potato-and-brussels-sprout-crush/

How are the sprouts best chopped?

What is the ideal time for boiling or steaming?

How would shredding another veg to go with the sprouts help or hinder the dish?

Name _____ D.O.B. _____

School _____

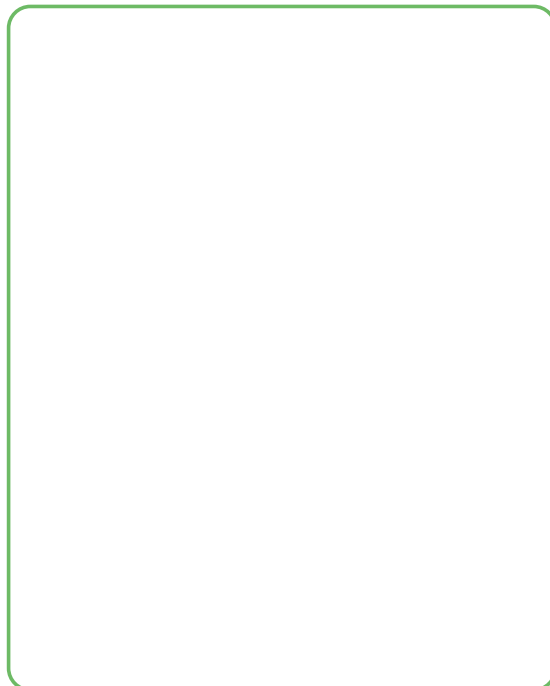
Contact email _____

Recipe name _____

Ingredients _____

Method

Recipe image



You can find full terms and conditions and the online entry form at www.loveyoungreens.co.uk/schools or you can send your entry via post to:

TUCK IN Competition, TLBV, The Watermark, 9–15 Ribbleton Lane, Preston, Lancashire, PR1 5EZ

Serves 4 Prep time: 20 mins Cook time: 5-10 mins



THE ULTIMATE CAULIFLOWER CHEESE

In the early days of spring, when there is still a chill in the air, this is the ultimate comfort dish. Buy the very best quality cheddar you can find, and add a generous amount of mustard, to really accentuate the cheesy flavour. Nutmeg and black pepper add a note of spiciness and warmth, whilst the finely chopped Italian flat leaved parsley adds freshness and colour.

YOU WILL NEED:

1 cauliflower
50g of unsalted butter, plus a extra for the dish
50g plain flour
300ml milk
A generous grating of nutmeg
Freshly grated black pepper
1 tbsp French grainy mustard, like Dijon
125g Cheddar cheese, freshly grated.
A handful of flat leaved parsley, finely chopped

1. Firstly prepare the cauliflower by washing it and cutting it into individual little florets, with all the hard woody stems cut off. Place the florets in a double boiler and steam until they are soft and yielding when pierced with a sharp knife. Remove the cauliflower florets from the heat and place in a buttered, ovenproof serving dish.
2. Melt the butter in a saucepan. Stir in the flour and cook gently for 1 minute. Remove the butter and flour from the heat and stir in the milk, very gradually. Bring the milky mixture to the boil, and then continue cooking and stirring on a medium heat, until the sauce thickens.
3. Pre-heat the grill to its hottest setting.
4. Stir the nutmeg, freshly grated black pepper and the mustard into the sauce, along with half the grated cheese. Pour the sauce over the hot cauliflower, sprinkle with the remaining cheese and brown under the hot grill.
5. Serve with freshly chopped parsley sprinkled on top

Serves 4 Prep time: 5 mins Cook time: 35 mins



ROAST SWEDE WEDGES WITH PARMESAN

YOU WILL NEED:

800g swede peeled and cut into slim wedges
1tbsp oil
Small bunch thyme leaves picked
50g grated parmesan
Black pepper

1. Heat the oven to 200°C, 400°F or gas mark 6.
2. In a bowl toss the swede in the oil, thyme and half the parmesan until well coated. Spread out in a roasting tin and cook in the oven for 35 – 40 mins until the swede is cooked through and crisp on the edges.
3. Once cooked tip into a serving bowl and while still hot sprinkle over the remaining cheese and a good grind of black pepper.

WHY NOT TRY:

Great served with steak and steamed broccoli.

Swede can also be combined with potatoes and any other root vegetables to make a great topping for Shepherd's pie or fish pie.

Serves 4 Prep time: 5 mins Cook time: 15 mins



POTATO AND SPROUT CRUSH

YOU WILL NEED:

650g potatoes, chopped into quarters

6 rashers back bacon finely diced

250g Brussels sprouts shredded

Oil for frying

Ground black pepper

1. Place the potatoes on a large pan of water and bring to the boil then simmer for 8–10 minutes or until tender
2. Fry the bacon in a frying pan with a dash of oil till crisp then remove with a slotted spoon and set aside. Then tip the shredded sprouts into the same pan and stir until wilted and tender.
3. Once the potatoes are done, drain them and roughly crush them with a potato masher or a fork. Tip in the bacon and potato into the frying pan with the sprouts, over a low heat season with black pepper and stir to combine making sure you incorporate any meaty bits from the bottom of the pan.

SUGGESTION:

Why not get the whole class to come up with ideas and the one (or ones) judged best are entered into the competition

Run down of the content included in this resource pack



1. KNOW YOUR VEG!

(Pupil worksheet provided)

A (non-fiction) information text activity. Children will need to read and understand what they are reading and retrieve, record and present information clearly and concisely. They will need to distinguish between statements of fact and opinion. Opportunity is given to extend the work with research activity. Some website links are given to assist.

2. GROWING VEGETABLES ACTIVITIES

Mystery Seeds/feely Bag Vegetables. Some ideas for activities using brassica (and other) vegetables with language and science links.

3. BOGGLING BRASSICAS!

(Pupil worksheet provided)

A maths puzzle. It requires children to solve addition and subtraction a multi-step problem in a context, deciding which operations and methods to use and why.

4. PLEASE BRING BACK OUR VEG!

(Pupil worksheet provided)

A persuasive letter writing activity. Children identify the audience for and purpose of the writing, selecting the appropriate form. There is good opportunity to use a wide range of conjunctions, including when, if, because, although and to summarise and organize their writing, supporting ideas and arguments with any necessary factual detail that can be drawn from the 'Know Your Veg!' factsheet or 'Who Says What?' comments (see other activities). Children can go on to assess the effectiveness of their own and others' writing and proof-read for spelling and punctuation errors.

5. DELICIOUS DISHES COSTING EXERCISE

(Pupil worksheet provided)

A context for investigating recipe ingredients. The activity involves working out the costs involved and possible profits to be made from an example recipe and exploring a further one of choice. Opportunity is given to perform simple calculations, use of ICT and research ingredient cost.

6. WHO SAYS WHAT?

(Pupil worksheet provided)

A matching activity that uses inference and deduction to work out who is likely to be saying what. A range of statements is presented, some factual and some opinion. Children can draw on inferences in the text to work out who says what, giving evidence through discussion. They will have opportunity to provide reasoned justifications for their views and opinions. Through the activity they will be able to listen to others and evaluate different viewpoints, building on others' contributions.

7. AROUND THE WORLD

(Pupil worksheet provided)

A research activity looking at the brassica vegetables and finding out key information, including international recipes. A short or long activity, depending upon young people's ability and the time you have available. Research might include looking at: where brassicas are grown, the growing conditions favoured, amounts produced by various countries, importance in culture, how they are cooked/eaten, example recipes, how they might contribute to a healthy diet, for example as part of 'five a day'

Students could go on in practical lessons to prepare an example dish, or adapt a recipe.

Answers matching countries to dishes: Kimchi (Korea), Sauerkraut (Germany), Golumpi (Poland), Phak khana mu krop (Thailand), Red Flannel Hash (Ireland), Borscht (Russia).

ACTIVITY	KS2	KS3	KS4/5
Know Your Veg!	✓	✓	✓
Growing Seeds	✓		
Germinating Seeds	✓	✓	
Brain Boggling Brassicas	✓		
Bring Back Our Veg!	✓	✓	
Dish Costing Exercise		✓	✓
Who Says What?	✓	✓	
Around The World			✓

Packed with nutritional value, quick and easy to cook, brassicas are versatile, affordable and importantly have bags of taste. But who or what are our brassica family of vegetables?



The first cabbages of the year are called spring greens and have fresh, loose leaves rather than tight leafy heads forming a hard heart. Cabbage itself originates from the Mediterranean region from about 1000 BC. It is a cheap and widely used food worldwide. For example, in China, 30 million tonnes of cabbage are produced annually making China the world's largest grower.

There are at least 100 types grown in the world, but in the UK green, white, red, Savoy and pointed are perhaps the best known. Cabbage has been selectively bred for head weight, frost hardness, fast growth and storage ability. In plant breeding today, cabbage shape, colour, and firmness are important, as is increasing its resistance to various insects and diseases.

It is highly nutritious and a source of vitamin C, it is low in fat and sodium. It can be used flexibly as an ingredient in coleslaw or for soups and stews like eastern European Borscht. It can be simply steamed, boiled or stir-fried. In the past, cooked cabbage was often criticized for its pungent, unpleasant odour and taste. These develop when cabbage is overcooked and hydrogen sulphide gas is produced. A good cook will avoid overcooking and this will always make the finished result more tasty.



Like little mini-cabbages, Brussels sprouts were named after the capital of Belgium where it is thought they were first grown. They are one of the few vegetables to originate from northern Europe.

Brussels Sprouts are a good source of vitamin C. Lack of vitamin C can lead to the deficiency disease scurvy, once very common.

Sprouts can be steamed, boiled or even microwaved. A tasty addition to soups, stews and casseroles, the modern varieties no longer have the bitter aftertaste that made them notorious generations ago.



Of increasing popularity is broccoli, even though it has been around for more than 2,000 years! First grown in Italy, in fact, it is correctly called Calabrese after the Calabria region of southern Italy.

The name broccoli comes from the Latin word 'brachium', which means branch or arm. Once steamed, it is an easy-to-add ingredient to salads, soups, stews, casseroles and stir fries. Broccoli is a member of the cabbage family and is a cool-weather crop that does poorly in hot summer weather.



The cauliflower, or 'cabbage flower', is a member of the cabbage family too. Modern varieties are available seasonally just about all year round. It is best steamed rather than boiled and can even be eaten raw.

Most common commercially it has a white or cream flower head, but orange, green and purple can also be found.



Some people forget that Swede is a brassica; the difference being that we eat the root instead of the leaves or flower. It originated in the 1600s from wild plants growing in Sweden that were a cross between the cabbage and the turnip. In many parts of the world it is known as rutabaga. In the UK, swedes were first grown in Scotland where they are known as 'Neeps'. They were then introduced into England in the late 1700s.

The roots are prepared and used in soups and casseroles and are delicious roasted. The roots and leaves are also used as winter feed for sheep and cattle, when they may be fed directly, or by allowing the animals to graze the plants in the field.

So how tricky is it to grow brassicas? Most brassicas prefer fertile, well-drained, moisture retaining soil. Other than that they grow quite easily, however, due to their delicious taste, brassicas are prone to attack by a number of consumers. Some birds, especially pigeons, will strip and shred the leaves from brassicas, affecting their vigour and yield. A number of caterpillars will feed on leaves; the most common being those of cabbage white butterflies. Farmers and growers will usually see the caterpillars, if not, they will see the holes they make in the leaves! Caterpillars will also bore into the heart of cabbages. More threat to a good crop comes from fungal diseases like Club root. This can cause stunted growth and makes plants wilt in hot weather. The root system also becomes swollen and distorted. It is worse on acidic soils and in warm, wet weather.

Finally, insect pests like cabbage root flies lay their eggs that hatch into larvae (maggots) that feed on the roots killing brassica seedlings.

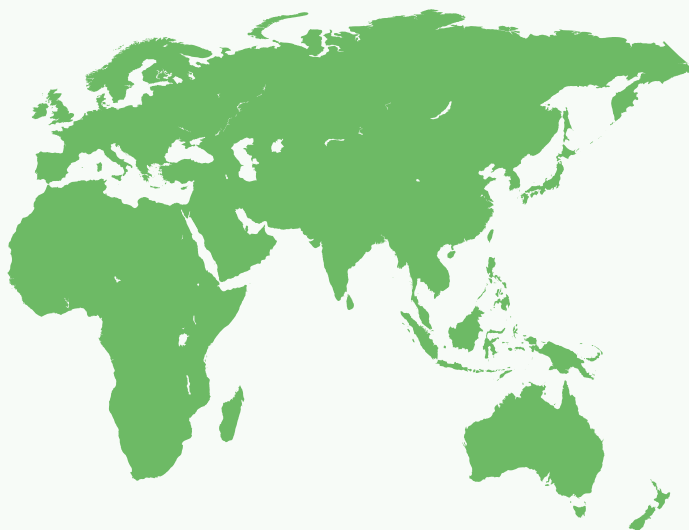
SEE THE NEXT PAGE
FOR MORE TO DO



QUESTIONS

1. Can you name the five brassica vegetables in the text?
2. Which nation holds the record for cabbage production?
3. What are some of the health benefits of eating brassicas according to the passage?
How can eating broccoli contribute to a healthy diet?
4. What characteristics are scientists trying to develop in cabbages to improve them?
5. From which country does broccoli originate?
6. Are swedes from Sweden? What are they also known as outside the UK?
7. Give three examples of how different brassicas can be cooked.
8. After which capital city are sprouts named?
9. How do you think broccoli gets its name?
10. This passage is set out to tell you the facts, but can you spot any places where the text offers an *opinion* rather than a hard fact?

- Pinpoint the following countries mentioned in the passage on a map: UK, China, Italy, Belgium, Sweden
- Research to find out the amount of brassicas produced in other countries
- Find out about UK production—where are most brassicas grown, what type of land is required?
- What sorts of inputs are needed? What difference do macro and micro nutrients e.g. nitrogen, potassium, sulphur and manganese make to brassicas?
- Find out more about the human health and nutritional benefits of brassicas
- Give an overview of some of the ways brassicas can be made into tasty dishes, giving some examples that appeal to you



WEBSITES TO HELP YOU

Brassica Growers Association

www.loveyourgreens.co.uk

British Growers Association represents & promotes UK growers of horticultural crops, in particular Vegetables & Salads

www.britishgrowers.org

Academic community multinational brassica genome project

<http://www.brassica.info/info/crop-enduses/nutritional-benefits.php>

General Information

http://www.ukagriculture.com/crops/crops_regions_vegetable.cfm

Here are some good starting points that may help you. You can use a search engine to help you find out more.

Love Your Greens is delighted to be able send you free seeds to grow in school. Please request your free seeds through www.loveyourgreens.co.uk

You can use brassica seeds for a variety of activities. See below for two ideas. If you have a school garden then they would be a great addition to your raised beds or allotment area. Even if you don't have a lot of space, with a few pots you can still use the seeds as an opportunity for growing your own in school. Happy growing!



1. MYSTERY SEEDS

The seeds are 'mystery brassicas'. You can use the Love Your Greens seeds or alternatively buy some brassica seeds (broccoli, cauliflower, cabbage, sprouts, spring greens). Sort your children into groups and assign some 'mystery' seeds to a group of children to sow and then transplant when germinated to individual pots. Explain to the children that they are to grow these and identify which plant they are growing, transplanting the seedlings to larger containers as necessary. Using photos, ensure children are familiar with the vegetables they might be growing. The children will start to have some suspicions, but wait for a positive identification of what they have grown. You can go on to cook your home-grown produce, using one or more recipes from the 'Love Your Greens' website.

2. FEELY BAG VEG

Get samples of cabbage, broccoli, sprouts, cauliflower, swede and spring greens. Put them in a 'feely' bag one at a time. Invite children to put their hand in the bag, and then describe what they are feeling. Stress not to name the vegetable just yet. Get a scribe to jot down the words used. From the descriptive words, can the other children guess the vegetable? Use cut out templates of vegetable shapes to use this descriptive language generated for a writing focus of your choice.

Try this with other vegetables too. Brassicas are related to wild mustard. Do children know what mustard is? Can children sort vegetables into brassica and non-brassica types? Discuss with children which part of the plant we are eating when we eat a brassica. Which is the 'odd one out'? (swede—we eat the root). Can children sort other vegetables as to whether we eat the root, stem, leaves?

SEE OUR GROWING TIPS ON THE NEXT PAGE

Suitable for all ages, this method allows children and young people to observe germination and follow a simple scientific method. It is also more fun than just germinating on filter paper in a petri dish, though you could compare the two methods—which is best? Older pupils might like to see what difference it makes as to whether germinating in dark or light, with or without water, or at different ambient temperature. There are plenty of factors you could ask children to test.

You can use the Love Your Greens Mystery Seeds of course!

WHAT YOU NEED

- a few seeds from Love Your Greens
- self-sealing sandwich bag
- kitchen towel/paper towel (thicker quality best)
- water
- stapler (long-arm helps)

WHAT TO DO

1. Give each child or group of children a bag and label it up with their name or group name.
2. Ask the children to put two pieces of kitchen towel in the bag. Make sure they are to the bottom of the bag.
3. Draw a line about 5cm from the top of the kitchen towel and then staple along this line. Don't worry if you have extra plastic at the top edge so long as the stapler can reach over this.
4. Keep the staples pretty close to stop seeds falling through, but remember roots will need to grow past them.
5. Slowly pour enough water into the bag so that it will soak up through the towel but leave a small amount of water at the bottom of the plastic bag.
6. Sow the love your greens seeds so they are sitting on the row of staples.
7. Seal the bag and either hang on a washing line in the classroom or if you are allowed, use sticky tape to fasten to the window.
8. In a few days the seeds will germinate, first roots then shoots. When bigger, the seedlings can be carefully removed and planted into pots if you wish.



What you need



Mark the bag 5cm from the top



















Sow the seeds so they sit on the staples



Hang on a washing line and wait to grow!

Reasoning and mental methods will be needed

Each brassica vegetable stands for an unknown number.
The numbers shown are totals of the line of four numbers in the row or column.

 SPROUT	 CAULIFLOWER	 SPROUT	 BROCCOLI	?
 CAULIFLOWER	 BROCCOLI	 CAULIFLOWER	 SPROUT	21
 BROCCOLI	 BROCCOLI	 BROCCOLI	 BROCCOLI	32
 SPROUT	 CAULIFLOWER	 CAULIFLOWER	 SPROUT	?
?	?	?	26	

TASKS

1. Find the remaining numbers
2. Now see if you can invent your own missing number puzzle to share

A persuasive letter writing activity

The Government has relaxed the rules about what school lunches should include. As a result, the school cook has decided to scrap all brassica vegetables from the school menu, saying they are unpopular, soggy veg! Your task is to write a letter to the cook to persuade him/her to reintroduce sprouts, cabbage, cauliflower and broccoli to the menus with reasons why this should be done.

You should give ideas as to how to make the new menu with brassicas exciting and tasty. You might like to look at the 'Know your veg' information or at the statement boxes on the worksheet "Who Says What" to give you some ideas as to the benefits and value of brassicas. Use the writing frame below and the connectives in the box to help form your letter.

Dear Sir,

I am writing to persuade you to...

There are several things of importance that I would like to bring to your attention.

Persuasive vocabulary to start sentences or use as connectives.

Above all
 Another reason to
 Another point
 Because
 Certainly
 Clearly
 Especially
 Evidently
 Furthermore
 However
 In addition
 In deed
 In fact
 In particular
 It would seem
 Naturally
 Notably
 One might consider
 Obviously
 Of course
 Moreover
 More importantly
 Significantly
 There is evidence to prove
 Therefore
 What is more
 Yet despite this

Antonio runs a small bistro-style restaurant and is going to add a new recipe to his menu. It is to make a cauliflower cheese for four people. Look at the recipe ingredients below:

Antonio's Cauliflower Cheese Recipe

1 large cauliflower

50g of unsalted butter

50g plain flour

300ml milk

A generous grating of nutmeg

Freshly grated black pepper

1 tbsp French grainy mustard, like Dijon

125g Cheddar cheese, freshly grated

A handful of flat leaved parsley, finely chopped

He wants to work out what it will cost to make the dish, so he can work out what to charge customers. It is very important to know what costs are involved if any establishment is to make a profit.

1. Can you complete the chart and work out what it would cost for Antonio to make the recipe?
2. How much does it therefore cost for a portion of cauliflower cheese?
3. Antonio is going to put a 'mark up' of 30% on the base costs to make a profit. What will the profit be per portion sold? What would be the profit for the whole dish of cauliflower cheese?
4. How might the profit be further increased? What are the possible pitfalls in changing the recipe?

Ingredient	Item Cost	Amount Used	Cost of amount (rounded to nearest p)
1 cauliflower	89p each	1 cauliflower	
Unsalted butter	£1.00/250g	50g	
Plain flour	£0.44/500g	50g	
Milk	£1.00/litre	300ml	
Nutmeg	£1.00/50g	1 tsp (5g)	
Dijon mustard	59p/85g	1 tbsp (15g)	
Cheddar cheese	£2.00/350g	125g	
Flat-leaved parsley	70p/small bag	Half a small bag	
		TOTAL COST	

1. Create a table using appropriate software for another recipe of your choice (or use the proforma below).
2. Research the price of the ingredients and work out the cost of producing the dish and cost per serving.

Ingredient	Item Cost	Amount Used	Cost of amount (rounded to nearest p)
		TOTAL COST	



1. Read the statements below. Each one is a statement about brassicas/vegetables, either giving a fact or personal opinion about them. Looking at the list of people, can you work out who might have said what?

- School pupil
- Farmer
- Health Professional
- Celebrity chef
- Growers Association Spokesperson
- Parent
- University researcher

2. Now, rank the statements below in order from most important to least important. Which do you feel matters most?

On our farm we are doing our bit for the environment too, alongside our brassica growing. So I hope people will keep supporting us. UK farmers do care about the environment. Farms in England grow 8,000 hectares of flowers for pollinators, and farmers grow 12,274 hectares of food for farmland birds.

Vegetables and fruits should form an important part of a healthy balanced diet. Brassica vegetables can form a part of your 5 a day. 5 A DAY is based on advice from the World Health Organisation, which recommends eating a minimum of 400g of fruit and vegetables.

British Horticulture supports over 100 000 full time and seasonal workers and contributes over £3bn to the nation's GDP. It would be great if the public supported our growers.

I've found a few new recipes for the family that have gone down well with the kids, and they are quite inexpensive compared with other foods.

Research has shown a huge range of beneficial constituents of the brassicas crops. For example, the level of vitamin C found in Brussels Sprouts is 115mg/100g compared to just 6mg/100mg in an eating apple.

Brassicas are so flexible to use. The beauty of this cabbage recipe is that you can vary the flavours; herbs work well and you can use it with anything from fish, chicken to lamb.

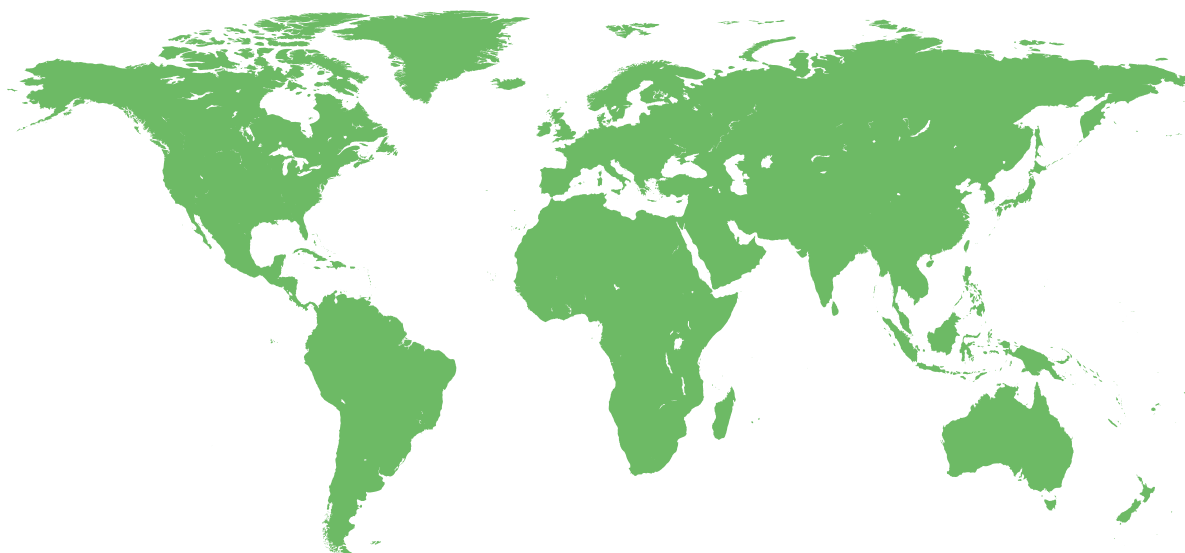
They weren't my favourite, but now I like sprouts as much as carrots!



Brassicas are important human food plants. They are rich in essential nutrients. Large reserves of energy are stored in their leaves as a method for over-wintering and humans have been able to take advantage of this fact for several thousand years!

How you take your cabbage, broccoli, cauliflower or sprouts is another thing! Different cultures have approached creating delicious nutritious dishes in different ways. In addition there are many variations of some basic varieties. For example broccoli or Calabrese may be broccolini, brocolis, Romanesco broccoli or kai-lan.

1. Research the following brassica vegetables, finding out as much as you can about them. How are they used in cookery? Write about one in more detail. Include a recipe or way of preparation you find appealing.
 - Kale
 - Broccolini
 - (American) Broccoli/Italian Green Sprouting Broccoli
 - Romanesco broccoli
 - Kai-lan
2. Identify in which country and/or region they come from. Mark these on a copy of a world map.
3. Research the countries of origin for the following dishes. Mark them on your copy of a world map, giving, for each, an overview of the recipe.
 - Kimchi
 - Sauerkraut
 - Golumpi
 - Phak khuna mu krop
 - Red Flannel Hash
 - Borscht



BRASSICA RESOURCES

Mustard growing kit

Science and Plants for schools offer secondary pupils a kit of rapid-cycling brassicas for experiments

<http://www.saps.org.uk/secondary/teaching-resources/126-rapid-cycling-brassica-kits->

The Royal Horticultural Society offers expert growing

Brussels sprouts – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/brussels-sprouts>

Cabbage – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/cabbages>

Cauliflower – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/cauliflower>

Kale – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/kale>

Kohl rabi – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/kohl-rabi>

Mizuna and mibuna – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/mizuna-mibuna>

Radish – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/radishes>

Swede – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/swede>

Turnip – <https://www.rhs.org.uk/advice/grow-your-own/vegetables/turnip>

BBC Food offers recipes ideas

<http://www.bbc.co.uk/food/brassica>

as do we, Love Your Greens

<http://www.loveyourgreens.co.uk/recipes/>

Other recipe ideas can be found at a wide variety of sites

<http://cybelepascal.com/brassicas-cooking-the-worlds-healthiest-vegetables-by-laura-b-russell/>

<http://www.laurabrussell.com/books/brassicas/>

<http://www.tes.co.uk/ResourceDetail.aspx?storyCode=6290131&>

Teaching ideas from the Times Educational Supplement Resources section

<http://www.tes.co.uk/teaching-resource/Mr-McGregors-garden-data-handling-6440447/>

<http://www.tes.co.uk/teaching-resource/Au-march-and-233-6177262/>

<http://www.tes.co.uk/teaching-resource/KS3-French-Fruits-and-Vegetables-6388263/>

<http://www.tes.co.uk/teaching-resource/Vegetable-recognition-worksheets-6108050/>

<http://www.tes.co.uk/teaching-resource/Vegetables-Chart-6380761/>



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