

Dear Parent/Carer/Guardian,

At school, your child has been learning all about where their food comes from, and what plants need to grow, through the **Grow Your Own Educational Programme**, produced by a family favourite – Heinz.

Helping your child to grow tomato plants at home is not only great fun but also a brilliant way to support their learning. To get you started, we've included some tomato seeds and growing pots, as well as a growing timetable and tips (overleaf).

You might like to talk with your child about what they've learned about the importance of a healthy, balanced diet with lots of vegetables and fruit. Tomatoes are a source of vitamin C, so tomatoes and many tomato products are powerful contributors to a healthy diet.

There are so many ways that tomatoes can be enjoyed – they're used in delicious dishes all around the world, including salads, soups, sandwiches and sauces.

DID YOU KNOW? A single bottle of Heinz Tomato Ketchup 50% Less Sugar and Salt contains around 14 tomatoes!

Enter the competition – Grow Your Own & We'll Bottle It

Heinz has been growing its own tomatoes for over 75 years and now it's giving you the chance to grow your own Heinz tomatoes.

Share snaps of your planting and growing story on the Heinz Republic of Ireland Facebook page for a chance to win gardening merchandise and much more.



IT HAS TO BE

HEINZ



Tips for growing your tomatoes

To support your family's tomato-growing adventures, we've created a fantastic e-storybook PowerPoint slideshow for you to read with your child. It uses the cheeky-but-irresistible Tomato Twins, Henry and Holly, to take you through the journey of the tomato from seed to fruit, with growing tips for every stage. Your child is likely to have seen the e-storybook in class, and should enjoy introducing you to Henry and Holly. Read it at www.heinzgrowyourown.ie/schools. Here's a helpful timeline with tomato-growing tips:

Timeline	Stage	Growing tips
Week 1-2 (anytime between Feb and Apr)	Seed	Plant tomato seeds in compost soil, using a small, well-draining pot. Leave in a sunny place, such as a windowsill. Water thoroughly, and allow water to drain out of the pot. Water every 5 days.
Weeks 3 to 8	Seedling	Continue to water thoroughly, allowing the water to drain out, every 5 days.
Weeks 9 to 12	Leaf	Move plant to a larger pot (about 30cm in diameter). Pull the plant and soil from the small pot, and place it in the large pot with additional soil. Make sure the top of the plant is sticking out of soil. Water thoroughly, allowing the excess water to drain out. Water every 5 days.
Weeks 13 to 20	Flowering	Yellow flowers appear. Water thoroughly every 3 days.
Weeks 16 to 20	Fruit	Flowers wither and fruit first appears as a small green ball. Continue to water every 3 days.
Weeks 22 to 25 (anytime between Jul and Oct)	Fruit	Harvest when the tomato is bright red.

Good luck! We hope you enjoy your tomato-growing adventure!

