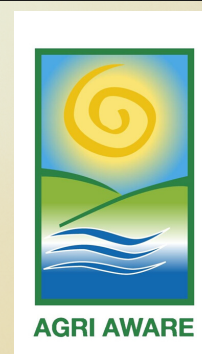


INCREDIBLE EDIBLES



Agri Aware

Task Three

Task 3 asks students to plant their potato, vegetable seeds and strawberry plants. Each school should include photos of the students planning and growing. The schools received their packs at the start of March. Each pack contained instructions to help them plant.

We encouraged the teachers to bring their plants home or to give a plant to each child in the class to look after while the schools are closed.

Gardening has many health benefits and is great for wellbeing. It helps with stress relief, as well as benefiting both physical and mental health, especially in times of uncertainty.



Pictured above is Gaelscoil na Guise, one of the "Schools of the Week" featured on our social media channels and website. They have included photos of the students planting their Incredible Edible potatoes and vegetables.

Did you Know?

The average strawberry has 200 seeds.



Task Four



Task four asks the students to prepare and cook the potatoes, vegetables and strawberries they have grown. However, as a result of school closures due to COVID-19, students are completing this task at home with their parents.

Many of our sponsors have simple and healthy recipes on their websites, including Bord Bia, Country Crest, Keelings and INDI.

Smoothies and fruit and veg skewers are great for simple snacks throughout the day. Here is a simple strawberry smoothie recipe from www.bordbia.ie.

Coming to a house near you!

New!

Families doing their part in isolating from their homes all over Ireland, are now going to be encouraged to take part in our Incredible Edibles programme!

Agri Aware will be posting on social media on how parents can get involved in the programme, teach their children where their food comes from and try their hand at growing their own fruit, vegetables and plants using scraps from their meal prep. There are also prizes up for grabs!

Keep an eye out on our social media channels [@agriaware](https://www.instagram.com/agriaware) for more details next week!



Strawberry Smoothie

Serves 2

Ingredients

- 300g strawberries, hulled
- 100g raspberries
- 300ml orange juice
- 80g Greek yoghurt
- 1 small banana, roughly chopped
- Handful of ice



Method

- Combine the strawberries, raspberries, orange juice, yoghurt and banana in a blender.
- Add the ice and whizz until smooth.
- Divide between two glasses and enjoy.