



Grow your own wheat

Did you know you can make your own flour from wheat you have grown in your garden? Then you can use your flour to make pizza bases and bread such as chapatti.

Bake Your Lawn

For ideas on growing wheat and baking bread in school visit:

- Sustain - www.sustainweb.org/realbread/bake_your_lawn
- Garden Organic (activity sheet A50). <http://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A50-Growing-pulses-and-cereals.pdf>
- Grain Train - www.grainchain.com



'From Wheat to Chapatti' Falconbrook Primary School, Battersea

Falconbrook School in Battersea grew and processed their own wheat and made it into chapattis. They cut their wheat with secateurs and then used a funnel, a sieve and a grinder to prepare the wheat.

"We put some grain into the grinder and ground it until it was fine (flour). We mixed the flour with water and a little salt to make the dough for a chapatti"

Visit their website to see:

www.falconbrook.wandsworth.sch.uk/harvest-blog

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