

# How much is your picnic worth?

Capital Growth's online tool, the Harvest-ometer, is a great way to engage your pupils in thinking about the productivity and value of your food growing project.

By recording and entering information on how much food you harvest, you will be able to find out how much this food is worth (in £) and how many meals this contributes to. It also helps you predict this in advance based on the size of your growing space. This tool makes a great addition to the Grow Your Own picnic activity, meaning that you can encompass lots of other activities such as maths and enterprise and Capital Growth has activity sheets to help.

## All you need to do is:

- Become a Capital Growth member for free.
- Grow some food!
- Weigh and record your harvest on the Harvestometer
- Check progress on your personalised Harvestometer graph

[www.capitalgrowth.org/the\\_harvestometer/](http://www.capitalgrowth.org/the_harvestometer/)

## How much can London grow?

During the first two seasons of the Harvest-ometer over 189 growing spaces grew enough food to contribute to a whopping 502,000 meals, weighing over 40 tonnes and valued at £288k. Capital Growth also found an estimated £2.4m of food is being grown each year across their network, which includes community growing spaces, as well as schools.

## Harvest-ometer

Record and view the progress of your harvest in 5 simple steps



### Stage 1

Join Capital Growth and activate your Harvest-ometer in your personal members' area



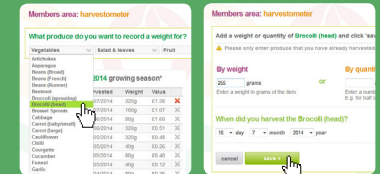
### Stage 2

Weigh and record your harvest in the field



### Stage 3

Log in to members area, select a produce type and enter your quantities



### Stage 4

View your harvest and compare with previous seasons. Export a record of all your harvest data!



### Stage 5

Check progress on your personalised harvest-ometer graph

