**Perfect plant salad take home letter**

Dear parent/carer

We have been thinking about where our food comes from. We have learnt that a lot of our food comes from plants. We learnt that potatoes, cabbages, carrots and spring onions are all plants. We used some of these vegetables to make ‘perfect plant salad’.

Why not have a go at growing a vegetable or herb at home with your child?

Cress and herbs can be grown on a kitchen window ledge.

Potatoes can be grown in a bucket.

Strawberries and beans can be planted in grow bags.

If you have a garden, or an allotment, you can grow lots of other things too. Look out for seeds in your local supermarket or garden centre.

