



# INCREDBLE EDIBLES



[www.agriaware.ie](http://www.agriaware.ie)

[www.incredibleedibles.ie](http://www.incredibleedibles.ie)

[www.bestinseason.ie](http://www.bestinseason.ie) | [www.potato.ie](http://www.potato.ie)

# Introducing...



**Saoirse  
Strawberry**



**Cian Carrot**



**Paddy  
Potato**



**Tim Turnip**



**Lisa Lettuce**



**Clive Chive**



**Sammy Spinach**



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[www.agriaware.ie](http://www.agriaware.ie) | [www.incredibleedibles.ie](http://www.incredibleedibles.ie)

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# Information Form



AGRI AWARE'S  
**INCREDIBLE  
EDIBLES.**



**NEW:** An online submission form will be required for both postal and online submissions. Details on how to submit will be sent to your registered email.

Please also include the following information in your postal submission:

School Roll Number:	
School Name:	
Teacher's Name:	
Teacher's contact number:	
E-mail Address:	
Class:	

Please tick one of the following:

I would like my logbook returned (Please include stamp addressed envelope. If the logbook does not fit in the stamped addressed envelope provided, it will not be returned)

I would not like my logbook returned

All information submitted will be used to send out Incredible Edibles awards to schools. This data will not be shared with any 3rd party subjects and will only be viewed by trained staff members of Agri Aware. Under section 4 of the Data Protection Act, a person has a right to be given a copy of his/her personal data upon their written request. This information will be stored for a duration of maximum two years, whereupon it will then be deleted/shredded.

## Postal Submission:

If you are submitting your logbook by post, include a prepaid envelope with your logbook if you would like it to be returned after it has been reviewed.

**Address:** Agri Aware,  
2nd Floor, The Irish Farm Centre,  
Old Naas Road,  
Bluebell, Dublin 12,  
D12 YXW5

## Online Submission:

If you are submitting online, please upload one file as a PDF.

Canva is a very useful tool that can aid you in the creation of an online submission.

If you have prepared your submission in PowerPoint format, please convert to a PDF before submitting.

If you have prepared your submission in Word Document, please convert to a PDF before submitting.



## How to become an Incredible Edibles class or school!

If you would like to become an Incredible Edibles class or school, you will need to complete the following tasks.

There are five simple tasks available to you. You must complete a minimum of one task to be accredited as a Bronze Incredible Edibles School. If you complete all five tasks, you will be awarded Gold.

## What are the tasks?

**Task 1: Food Origin** - learn all about where food our food comes from

**Task 2: Identifying Irish** - learn how to identify Irish produce and how it's grown in Ireland

**Task 3: Sowing & Growing** - grow the seven Incredible Edibles in your school or classroom and document the progress

**Task 4: Preparing & Cooking** - put your skills to the test and use local foods to cook and prepare healthy meals within your classroom

**Task 5: Healthy Eating** - the final task for Incredible Edibles is based around healthy eating. We want to challenge you and your pupils to increase your intake of fruit and vegetables. During Healthy Eating Week, there will be plenty of ways to get involved and complete this task in full. Further communication will be sent via email.

## Submitting your logbook

Incredible Edible's logbook submission can be submitted online or by post. Please note that your logbook may be returned as late as September due to the high volume of submissions we have received in recent years. Online submissions are very much encouraged. Finer details on how to submit will be sent via email.

**An online submission form will be required for both online and postal submissions. Details will be sent via email.**



## Requirements for Incredible Edibles School Status



### GOLD

5 out of 5 tasks completed

Incredible Edibles Gold will be awarded to schools or classes that have demonstrated a high level of learning across each of the five tasks.

Submissions are also expected to demonstrate participation in additional relevant initiatives run by Agri Aware, such as [Dig In](#) or [The Lidl Farm](#), or other relevant organisations.

We also encourage teachers to bring pupils to a visitor farm where possible. If this is not possible, Agri Aware's Farming Through the Seasons is a useful way to gain insight into life on the farm in a calendar year.

<https://www.agriaware.ie/farming-through-the-seasons-virtual-farm-tours/>

Please ensure you include brief descriptions of how you completed each of your tasks within your submission.

Creative and Colourful  
Logbook

### SILVER

3 out of 5 tasks completed

Incredible Edibles Silver will be awarded to schools or classes that have demonstrated a moderate level of learning across three or four of the five tasks.

Submissions are also encouraged to demonstrate participation in additional relevant initiatives run by Agri Aware, such as [Dig In](#) or [The Lidl Farm](#), or other relevant organisations.

Please ensure you include brief descriptions of how you completed each of the tasks within your submission.

Creative and Colourful  
Logbook

### BRONZE

1 out of 5 tasks completed

Incredible Edibles Bronze will be awarded to schools or classes that have demonstrated sufficient learning across one or two of the five tasks.

Please ensure you include brief descriptions of how you completed each of the tasks within your submission.

Creative and Colourful  
Logbook



## Task 1: Food Origin

### Curriculum links:

Subject: SESE Science | Strand: Plants and Animals | Theme: Growing Seeds

The best way to discuss food origin is to begin with a selection of familiar foods. Food plays a huge role in society by supporting both human and animal energy needs. In some parts of the world, people are over-nourished (obese) and in others people are under-nourished (starving). This can be due to a lack of proper food and/or health education.

Potatoes, fruit and vegetables should be included as part of a healthy balanced diet. Thankfully, in Ireland, we have access to high-quality produce that can ensure balanced diets and enable better food choices. Through the Incredible Edibles programme, students will gain a thorough understanding of food origin and why choosing Irish is preferred.

Begin the class by asking students where their lunch comes from. Some may say the supermarket, the kitchen or the local newsagent.

### For Example:

**Vegetables:** Most vegetables are grown in the ground. Vegetables grow in different seasons and climates.

**Fruit:** Fruits grow on plants, trees and bushes.

**Herbs:** Fresh herbs greatly enhance the taste, appearance and nutritional value of the food we eat. By growing a small selection of herbs such as chives in small pots on our windowsill or in our garden, we can add flavour to stocks, soups and sandwiches relatively quickly and easily.

**Eggs:** The eggs that we eat come from hens. We eat eggs that are not intended to become chicks (fertilised), therefore the eggs we eat will never hatch to become chicks.

**Mushrooms:** Did you know that mushrooms grow in the dark? Mushrooms come in all shapes and sizes from small button mushrooms to big mushrooms, such as the Portobello mushroom. The most common type of mushroom we grow in Ireland is the white button mushroom.

**Processed food:** Much of the food we buy has been processed which means it has had something added to it. White bread is an example of a processed food. Wheat grains are ground in a mill and then different parts, such as the husk, bran, germ and endosperm get separated. White flour (made from the endosperm), is mixed with other ingredients and baked to make the loaf you buy in the shop.

### Suggested activities:

1. Make a list of 20 food items in class (or use what's in your lunchbox!) and trace them back to the farm. Discuss how additives, sugars and salts are added to many food items.
2. Pick a food item and get the students to explore the steps taken to bring it from farm to fork. Do they grow on trees, on bushes, underground (root vegetables) or above ground? They can make a poster, write a story or take photos of the food at each stage of the process.
3. Classes could also virtually visit a local grower/food producer via Facetime/video call. Please attach examples of this work in your logbook.

## Task 2: Identifying Irish

### Curriculum links:

Subject: SESE Science | Strand: Plants and Animals | Theme: Growing Seeds

This task can be carried out as a home or school activity. Encourage your pupils to go shopping with their parents or take a class trip to your local supermarket. Look out for Irish potatoes, fruit, vegetables and herbs. Write a short account of what you found. If you can't make it to the shops, check in your fridge/cupboards to see if any of the produce in your house is of Irish origin. You can even extend this activity and do a research project on foods that come from Ireland.

### What is the Bord Bia Quality Mark?

The Bord Bia Quality Mark is a stamp of approval for foods produced in Ireland. This means that we can tell where the fruit and vegetables were grown and know that they are of high quality. For more information on the Bord Bia Quality Mark, see [www.bordbia.ie](http://www.bordbia.ie)

### Some questions to ask your pupils or yourself while shopping:

- What items did you find or buy that were identified as Irish?
- What items did you find or buy that were identified as imported?
- Why do you think it is important that we buy Irish-produced foods?
- Did any of the foods have the Bord Bia Quality Assurance Mark on them?
- What does it mean when foods are 'in season'. Did you find any that are considered 'in season'.



### Suggested activities:

1. You could discuss seasonality and the different climates that allow certain food to grow.
2. Discuss why Ireland is known for potatoes - try out the "History - Irish Potato Famine" worksheet to learn more.
3. Think about why food labelling is important - particularly food origin. Big vocabulary words to explore here could be: Traceability, Quality, Affordability, Sustainability, Locality and Community.



## Task 3: Sowing & Growing

### Curriculum links:

Subject: SESE Science | Strand: Plants and Animals | Theme: Growing Seeds

When you start the challenge, take a photograph(s) of the class planting the seven Incredible Edibles. In April and May, take a photograph(s) of the produce growing and include these in your submission. For growing tips, visit [www.incredibleedibles.ie](http://www.incredibleedibles.ie)

### Sustainability:

The earth provides us with fresh air, clean water and food. To protect the earth for future generations, we must take care of it. While you may think that your impact on the environment makes no difference, it is important to imagine that if everyone changed one small habit, the global impact would be enormous!

Here are some things you can try to do in your class and school to become more sustainable:

1. Clean and reuse old plastic containers, like yoghurt pots or empty bottles to germinate your Incredible Edibles seeds
2. Ask a local business to donate an empty barrel. Use this barrel to collect rainwater and use the collected water for your garden
3. Make your own paper mache seed pots using recycled newspaper. Visit the website to learn how.

### Soils:

It is so important that we take care of our soils. We rely on them to be able to grow crops and to grow grass for animals to graze. The easiest thing you can do in your own school garden is to encourage earthworm activity. To learn more about the role of the earthworm and how to make your own wormery, check out the Task 3 tab on our website here <https://www.agriaware.ie/incredible-edibles-programme/ie-schools/>.

### Composting:

Composting is the process of decaying organic matter. It adds several nutrients back into the soil. Composting is essentially nature's way of recycling and a great sustainability practice to use in your garden. Anything that was once living can be composted – apple peels, coffee grinds, tea leaves, potato skins, grass clippings, mulch, etc. It is important that you don't add meat to your compost pile as this attracts unwanted visitors (flies, rats, foxes).

To start your own school composting pile, simply pick an area in the far corner of the garden and start collecting dead leaves and grass/plant clippings in a pile. To keep it from looking messy, create a small square using old fencing or pallets to contain the compost pile. Make sure to turn and mix the pile weekly using a shovel or pitchfork to help the decomposing process!

### Suggested activities:

1. Before planting, map out where you will plant your vegetables and leave a wild space for pollinators.
2. You could make signs to protect the bees in this area, leave a small dish of water for the butterflies, make a bird feeder or even a bug hotel.





# Biodiversity

**Biodiversity is the variety of animals and plants found on this planet, including the diversity of habitats in which they are found.**

- Diversity of species is not evenly distributed throughout the planet because life depends on many factors, including climate and habitat. For example, tropical regions support more animal life than polar regions because the climate is less challenging than polar regions.
- Biodiversity is important for sustaining life on earth because it provides clean air, water, soils, food, clothing, materials and medicine.
- Plants, animals and climate work together to maintain the balance of nature and this known as the balance pyramid. The nature balance pyramid (opposite) is made up of decomposers, producers, herbivores, carnivores and top carnivores.



## Role of the Bee:

- Let's take a look on the role a little bee has on the nature balance pyramid. In Ireland, we have 21 different types of Bumblebee, 77 solitary bee species, and just one honeybee, which Beekeepers take care of. Sometimes humans fear the sting of bees. But the good news is that our wild bees-bumblebees and solitary bees have no interest in humans and are very unlikely to sting.
- Bees play an important role in pollinating all types of plants which include flowers, herbs, fruits and vegetables, as well as many of our wildflowers and trees. A bee flies around to feed on nectar and collect pollen from flowers to bring back to its nest to feed to the baby bees. As it flies from flower to flower, pollen falls off and this is how flowers are pollinated, producing fruits and seeds for new plants to grow! If we lose the bees, the plants cannot grow and many of the global human population will have less fruits, nuts and vegetables to enjoy and these foods will become more expensive.

## Things you can do to improve biodiversity:

- 1 Map your school grounds, identifying all the existing wild corners, flower beds, mowed areas, playing fields, and hedgerows. Make some signs to protect these areas.
  - 2 Draw up a School Pollinator Plan, with a new school map showing your 'Pollinator sites' – e.g. wild areas where you want to reduce mowing, locations where you want to provide nesting sites, and areas where you want to create a wildflower meadow or plant pollinator-friendly bulbs.
- Visit <https://pollinators.ie/schools/> for more information.

For more on biodiversity,  
download our Dig In!  
resource here:  
[www.agriaware.ie/digin](http://www.agriaware.ie/digin)  
and head to page 26:  
**The Hedgerow**





## Task 4: Cooking

**Task 4:** Include a photograph(s) or story of students preparing, cooking or eating Irish potatoes, fruits, vegetables and herbs at home or in school – Please submit your most creative and delicious recipe to Agri Aware as part of your logbook submission (which may be featured on the Incredible Edibles website). This task can be done in school or at home.

### Curriculum link:

**Subject: SPHE | Strand: Myself | Strand Unit: Taking Care of my Body | Theme: Healthy Food**

Prepare a dish with your class using Irish potatoes, fruit, vegetables and/or herbs. Write a short account of how you and your class prepared and cooked the meal. Try to include pictures or drawings of the meal that your class prepared. If you are an experienced cook, try making a dish that you have never made before. Make sure to include your recipe in your logbook... we may even highlight it on our Incredible Edibles website! If you need some inspiration on what to cook, visit the Task 4 tab on our website here [visit www.incredibleedibles.ie/teaching-resources-activities--lessons.html](http://www.incredibleedibles.ie/teaching-resources-activities--lessons.html), where we have some delicious and healthy recipe ideas!

### What to keep in mind

- Cook something simple
- Try something new
- Get help from an adult

### Seasonality

Have a look around the potato, fruit and vegetable section of the supermarket when you go shopping. Have you noticed that sometimes there are a lot or a little of the different types of fruits and vegetables during the year? This is because different fruits and vegetables grow best in certain seasons in the year. Some fruit and vegetables grow during warm months, whilst others grow during cold months. This is what it means when fruits and vegetables are 'in season'. When you are preparing or cooking your meal, take a look at the fruit and vegetables that you are using and find out if they are in season. For more information on seasonality and to find out when different fruit and vegetables are in season, visit [www.bordbia.ie/whats-in-season/best-in-season/list](http://www.bordbia.ie/whats-in-season/best-in-season/list) or [www.bestinseason.ie](http://www.bestinseason.ie)



For some great recipes for all the family, go to:

- [www.incredibleedibles.ie](http://www.incredibleedibles.ie)
- [www.bordbia.ie](http://www.bordbia.ie)
- [www.bestinseason.ie](http://www.bestinseason.ie)
- [www.potato.ie](http://www.potato.ie)



### Note to teachers:

Make sure to include pictures of your students preparing a dish full of fruit and vegetables for Task 4 in your logbook.



# Task 5



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## Task 5: Healthy Eating

### Curriculum links:

Subject: SPHE | Strand: Myself | Strand Unit: Taking Care of my Body | Theme: Healthy Food

Eating a healthy and balanced diet is essential for maintaining a healthy body. The Food Pyramid is a useful tool that can help us to understand the different food groups and the amount of each that we should consume. The bottom shelf of the Food Pyramid is filled with fruits and vegetables, which are a great source of vitamins, minerals, and fiber. It is recommended that we eat between 5-7 portions of fruit and vegetables every day.

Incredible Edibles Healthy Eating Week is a great initiative that encourages healthy eating habits in children. During this week, children are encouraged to keep a diary of the foods, they eat at school and at home. Teachers can use the Incredible Edibles Healthy Eating Diary template available on the website or they can help students design their own diary. Parents can also get involved by helping their children record the food they eat at home and setting an example by eating healthy and nutritious foods themselves.

Agri Aware's Incredible Edibles Healthy Eating Week takes place during the final week of the programme. More details on how to get involved will be sent to your registered email.

### Teachers

Photocopy the Incredible Edibles Healthy Eating Diary template available at [www.incredibleedibles.ie](http://www.incredibleedibles.ie). Alternatively, help the students to design their own Incredible Edibles Healthy Eating Diary in class. Ensure that students record the potatoes, fruit and vegetables they eat at school in their Incredible Edibles Healthy Eating Diary.

### Tips for Parents/Guardians

Help your child to record the potatoes, fruit and vegetables he/she eats at home during Healthy Eating Week • Set an example by eating healthy nutritious foods • Experiment with cooking and try something new at home, perhaps a fruit or vegetable that you have never eaten before or a new recipe • Blend soups and smoothies if no one likes 'bits' • Involve children during meal-time preparation; it will take the mystery out of what is going onto their plate.

#### Other Suggested activities:

1. Explore nutrients, portion sizes and the food pyramid.
2. Look at the different between processed and unprocessed foods.
3. Learn about the the role of nutrients in keeping your body healthy.

### Note for teachers:

Ensure that students record the potatoes, fruit, vegetables and herbs they eat at school in their diary.

For some great recipe ideas for all the family, visit [www.incredibleedibles.ie](http://www.incredibleedibles.ie) and [www.bordbia.ie](http://www.bordbia.ie)





## Month by month



Your Incredible Edibles		FEBRUARY/MARCH		APRIL/MAY	JUNE
		Sowing	Growing	Flowering	Harvesting
	<b>Saoirse Strawberry</b>				
	<b>Paddy Potato</b>				
	<b>Cian Carrot</b>				
	<b>Tim Turnip</b>				
	<b>Clive Chive</b>				
	<b>Lisa Lettuce</b>				
	<b>Sammy Spinach</b>				



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# Incredible Edibles

## General Growing Tips

**Tip 1:** Do not over-water the plants. A good tip is to take a handful of soil and squeeze it. If water drips out, then you are adding too much water!

**Tip 2:** Only add water to your potatoes, fruit and vegetables if the soil feels dry. Add the water gradually, not all at once.

**Tip 3:** Do not under-water the plants. Take a handful of soil and squeeze it, if it does not form a ball, then you need to add water!

**Tip 4:** Try to water the soil around the plant and not over the plant and flowers directly. This will help prevent disease.

**Tip 5:** Water your plants in the morning if possible. This prevents the plants from being wet and cold at night.

**Tip 6:** After four weeks, transplant your germination pots into the garden/raised bed.

## For Weekends & Holidays

**Tip 1:** Bring your seedlings home during the Easter midterm break.

**Tip 2:** Is there anyone you can nominate to water the plants over the weekend or during school holidays?

## Sowing the Seed Potatoes



**Tip 1:** After 21-28 days, you should see the seedling pop their heads up out of the compost. After this time, you can replant your potatoes outside. Make sure to water them and add extra soil if needed. As potatoes are a root vegetable, they need plenty of soil to help them grow!

## Sowing the Strawberry Seeds



**Tip 1:** Move the strawberry pots outside after a week. Make sure to water your strawberries and take lots of pictures! Be careful of leaving the strawberries close to the ground, as slugs will get to them! A top tip in preventing slugs is to put crumpled eggshells around them – the slugs don't like it!

**For more hints, trips and information on growing potatoes, fruit and vegetables as well as additional education resources, visit: [www.incredibleedibles.ie](http://www.incredibleedibles.ie).**

We love to hear from you, so why not tag us in your posts and photos on social media @agriaware and use the hashtag #IncredibleEdibles. We will make sure to share your photos on social media for everyone to see!



# Judging Rubric

**Gold** - All five tasks complete | **Silver** - Three or Four tasks complete | **Bronze** - One or Two tasks complete

## Points Guide

Fair (10) = minimal pictures with sparse description of tasks

Good (15) = good use of pictures with good description of tasks

Excellent (20) = excellent use of pictures with strong description of tasks

	Task 1	Task 2	Task 3	Task 4	Task 5
Points					
Number of original activities*					

\* Original activities are activities that fulfil the requirements of a task that have not been specified or suggested in the logbook or on the website. This allows you and your pupils to show off classroom creativity.

## Prizes

1. **1st prize** - VIP class trip\* to a farm near you & a growing tool kit to the value of €500
2. **2nd prize** - VIP class trip\* to a farm near you & a growing tool kit to the value of €300
3. **3rd prize** - a growing tool kit to the value of €300
4. **Best Junior Project** - a growing tool kit to the value of €300
5. **Best Home School Submission** - a growing tool kit to the value of €150
6. **Best Gaelscoil Submission** - a growing tool kit to the value of €150
7. **Best Special School Submission** - a growing tool kit to the value of €150

**\*Trip location subject to change depending on the location of winning schools! Trip location examples:** National Botanical Gardens, Country Crest, The Lidl Farm to Fork Experience, Agri Aware Mobile Farm visit and more!



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[www.bestinseason.ie](http://www.bestinseason.ie) | [www.potato.ie](http://www.potato.ie) | [www.loveherbs.ie](http://www.loveherbs.ie)



Coordinated and compiled by Agri Aware

Developed by:



IN ASSOCIATION WITH:

