RHS
Garden Wisley

Made possible with Heritage Fund

rhs.org.uk/wisley

Sow Awesome – May Half Term

Children's activity trail

RHS Registered Charity No: 222879/SC038262

Welcome to the Sow Awesome trail

Follow the trail map on the back page of this booklet to discover 8 trail points located across the garden. At each point you will learn and discover something about growing food.

Whether you have an allotment; a garden with a vegetable patch; a balcony with pots or a space on your windowsill... you can grow some of your own food and the whole family can join in. Why not start with a vegetable you like eating?

Scan the QR Code to find out what's on today.

When you grow your own vegetables and fruit, you get a better understanding of where your meals come from. It's about growing and eating fresh seasonal produce and understanding the environmental and nutritional benefits of doing so.

Fruit and vegetables are packed with vitamins and minerals that keep us healthy. They are sometimes called "Superfoods" because they are so healthy for us to eat.

There's so much more to *discover...*

Have fun exploring all year round with free unlimited visits to our RHS Gardens when you upgrade to an RHS Membership. Prices start from just £21.*

To join, talk to us today or visit **rhs.org.uk/join/4345**

Your membership supports our work as a charity.

UPGRADE TO MEMBERSHIP* FROM JUST **£21**

*Introductory offer for new members by annual Direct Debit.

1

Can you spot the pomegranate tree here in the walled garden?

Pomegranates, when ripe, look a little like apples from the outside but are very different looking when cut open. They are full of delicious red or pink berries called arils that are full of vitamins and are super healthy for you to eat.

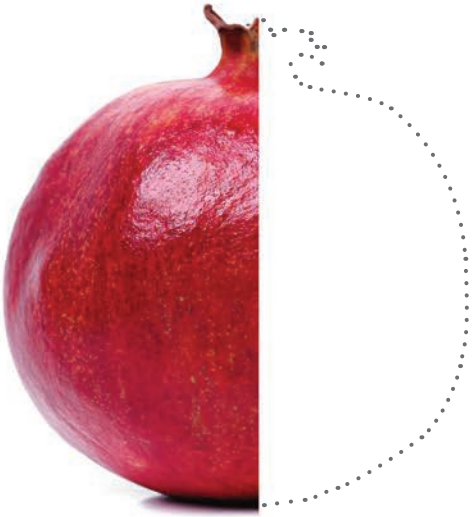
Fun fact

The word pomegranate comes from the Latin 'pomum granatum' which means apple with many seeds.

Write down the letter shown on trail board 1 to solve the code.

=

Can you complete the picture of the pomegranate?



Question

Pomegranates are classified as berries. What other fruit and vegetables are also classified as berries?
(Find the answer on the trail board)

2

Apples are super healthy for you; they are a great source of vitamin C and help boost your immune system to help your body fight off cough and cold viruses.

Fun fact

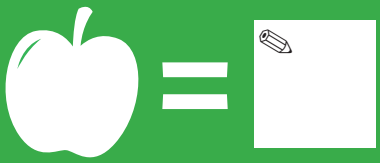
Some of Wisley's apple trees are over 70 years old

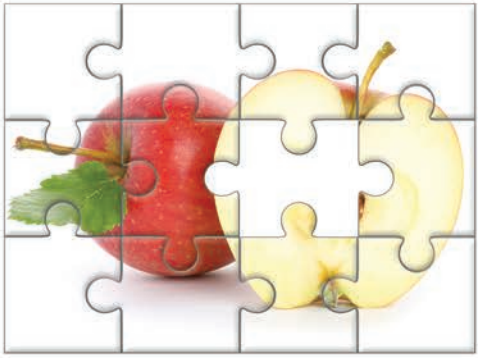
Question

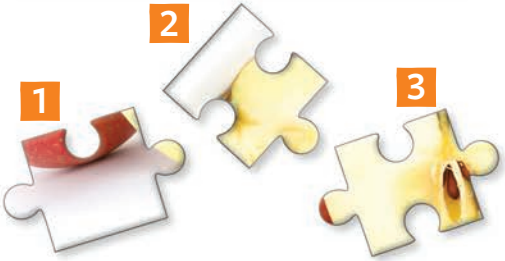
What type of juice from the orchard is sold in the shop and cafés at Wisley? (Find the answer on the trail board)

✎ _____

Write down the letter shown on trail board 2 to solve the code.







Which is the missing jigsaw piece? ✎

As you continue the trail today you will pass through the Wisley orchard, (an orchard is where fruit trees are grown) planted here with apple trees over 70 years ago. We are currently updating the orchard and will be planting apples, pears, plums, cherries and many other types of trees.

3

Wisley's World Food Garden is a garden that celebrates growing your own food from around the world.

The garden is made of 3 areas; edible flowers and herbs, good to grow and the world food maze.

One of the UK's most popular vegetables is the carrot, can you spot it growing in the 'good to grow' area of the garden?

Fun fact

Carrots come in different colours – purple, red, yellow, white and of course orange.

Question

How large in m² is the World Food Garden? (Find the answer on the trail board)

_____

Write down the letter shown on trail board 3 to solve the code.

=

Activity

Tick the boxes if you spot any of these edible plants as you walk through the garden.

☐ Beetroot

☐ Lettuce

Is your nursery or school a member of the **RHS Campaign for School Gardening**? They have lots of fun ideas and activities to help you 'grow your own' fruit and vegetables.

4

A vineyard is a place where grapes are grown on plants called grapevines. Planted in 2004, there are 756 grapevines here at Wisley.

Grapes are a good source of vitamin C and K. They can be eaten fresh or dried (raisins), they can be juiced or made into wine. At Wisley we make wine from our grapes.

Write down the letter shown on trail board 4 to solve the code.

=

Can you find the hidden words in the grape vine? Tick the boxes when you find them.

- [ ] BUNCH
- [ ] GRAPE
- [ ] RAISIN
- [ ] VINEYARD
- [ ] WINE

Question

What location should you plant grapevines for maximum sunlight? (Find the answer on the trail board)

Fun fact

Grapes have been grown for food and drink for over 8,000 years

5

Composting is nature's way of recycling. Here at Wisley we put plant cuttings, weeds and organic waste in to our compost bins. Once rotted down it forms compost which is full of nutrients and used to help other plants at Wisley to grow and stay healthy.

One of the plants benefiting from our compost are our runner beans, small at the moment but will grow quickly over the next few weeks to flower, be pollinated by insects and grow delicious runner bean pods.

Question

When are runner beans ready to pick? (Find the answer on the trail board)

✎ _____

_____

Write down the letter shown on trail board 5 to solve the code.

= ✎

Activity

Can you act like a bean? Run on the spot like a runner bean or jump up high like a jumping bean or stretch your arms as wide apart as possible like a broad bean!

Take a peek through the window of the large greenhouse and find out more about the Big Seed Sow.

Scan for information about the Big Seed Sow campaign:

Did you know by visiting RHS Garden Wisley you are supporting school and community gardening groups across the UK.

6

An allotment is a plot of land used by a person or community to grow plants. We have 18 allotments here, used by RHS students and community beginner gardeners.

Can you see any onions growing?

Onions are bulbs and grow underground. You will be able to see their leaves and possibly the top of the onion poking out of the soil.

Write down the letter shown on trail board 6 to solve the code.

=

Activity

Have a look around the allotments. Can you spot and write down 3 vegetables you can see being grown?

Question

What is the family name onions are a member of?
(Find the answer on the trail board)

Fun fact

The world record for the heaviest onion is over 8kg and was grown in the UK. That one onion could make 250 onion bhajis to eat!

7

The Wisley cobnut and filbert trees are about 22 years old; the nuts ripen in September and are a particular favourite of the squirrels!

We have created some new wild flower beds next to the cobnut trees to encourage pollinating insects to the area. The insects will pollinate the fruit but the nut trees are wind pollinated.

Write down the letter shown on trail board 7 to solve the code.

=

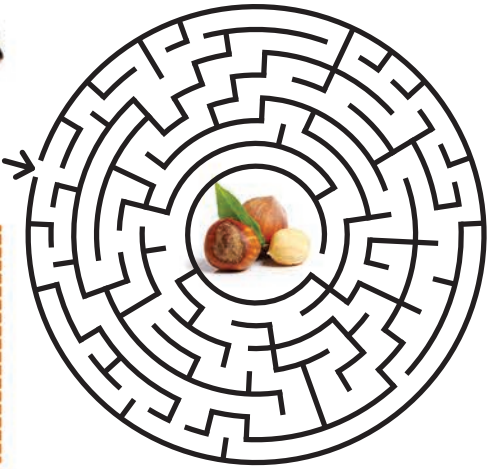
Question

Near the cobnut trees there are some fruit trees growing, can you name two? (Find the answer on the trail board)

Activity

Make your hands into binoculars and look for the pollinator insects.

Can you help the squirrel through the maze to the delicious cobnuts?



8

Herbs are used in many ways; including cooking, medicines and cosmetics. Some herbs we group together as 'hardy' because they can survive in cold conditions and some we group together as 'tender' because they like warmer conditions.

Write down the letter shown on trail board 8 to solve the code.

=

Activity

Can you smell some of the herbs in the garden and choose your favourite? How many varieties of mint can you find in the garden today?

Scan to download your 'Make a window sill cress head' activity sheet.

Fun fact

Mint was originally used as a medicinal herb to treat stomach ache and chest pains.

Question

Which herb is a common ingredient in many Italian recipes?
(Find the answer on the trail board)

✎ _____

Well done! You have completed the trail. Pop into the CLORE Learning Centre to take part in some fun activities and get your trail booklet stamped.

Can you solve the Sow Awesome trail code?

Now you have found all the clues, can you solve the code to reveal the word?

Answer: PLANTING

You're Sow Awesome!

Well done for completing the trail, remember to get your booklet stamped between 10am – 4pm in the CLORE Learning Centre.

Try growing your own vegetables at home and come back in October half-term with a photo or drawing of your crops.

Wordsearch

V	W	B	N	B	W	Z	X	E	M	W	M
E	B	L	G	R	O	W	I	N	G	Q	Z
G	G	E	R	M	I	N	A	T	I	O	N
E	P	S	E	E	D	S	N	O	X	I	V
T	P	F	U	C	O	M	P	O	S	T	X
A	X	A	L	L	O	T	M	E	N	T	H
B	P	X	O	R	C	H	A	R	D	D	E
L	F	R	U	I	T	R	K	P	A	A	R
E	Q	B	N	Z	E	B	S	A	U	D	B
S	H	S	O	W	I	N	G	N	C	X	S

- ALLOTMENT
- COMPOST
- FRUIT
- GERMINATION
- GROWING
- HERBS
- ORCHARD
- SEEDS
- SOWING
- VEGETABLES

Only joking

Why is the Incredible Hulk such a good gardener?

He's got green fingers.

This summer holiday at RHS Garden Wisley

Aardman presents Lloyd of the Flies – The Grand Bug & Pest Hotel Hunt

22 July – 28 August

For further information and other events visit **rhs.org.uk/wisleywhatson**

Sow Awesome trail map

Search for the trail point boards around the garden to answer the questions in this booklet and solve the code.

Remember to get your trail booklet stamped between 10am – 4pm in the CLORE Learning Centre when you have completed the trail.