

# RICE



**FOOD MILES:** 5,058

**THIRST:** 2,500 L

**TIME TO GROW:** 3.6 M

**SHELF-LIFE:** 2 Y

**POWER POINTS:** 12

## **FUN FOOD FACT**

The Chinese word for rice is the same as food; in Thailand when you call your family to a meal you say, "eat rice"; in Japan the word for cooked rice is the same as meal.

# SPINACH



**FOOD MILES:** 787

**THIRST:** 292 L

**TIME TO GROW:** 2 M

**SHELF-LIFE:** 7 D

**POWER POINTS:** 707

## FUN FOOD FACT

Elzie Segar, the creator of Popeye, was a vegetarian. He used spinach to boost Popeye's strength because it is known to be rich in iron.

# BANANA



**FOOD MILES:** 5,733

**THIRST:** 790 L

**TIME TO GROW:** 9 M

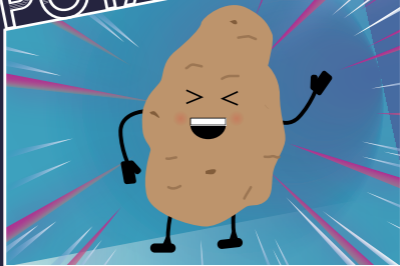
**SHELF-LIFE:** 9 D

**POWER POINTS:** 30

## **FUN FOOD FACT**

If bananas are too green, they can be put in a brown paper bag with an apple or tomato overnight to speed up the ripening process.

# POTATO



**FOOD MILES:** 213

**THIRST:** 287 L

**TIME TO GROW:** 3.3 M

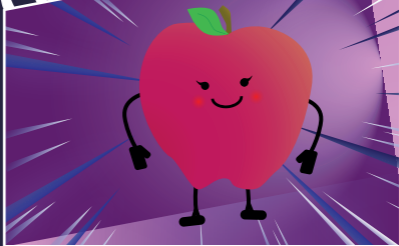
**SHELF-LIFE:** 40 D

**POWER POINTS:** 28

## FUN FOOD FACT

To popularize potatoes in France, Antoine-Augustin Parmentier placed armed guards around his potato fields, instructing them to accept all bribes and allow people to "steal" the crop.

# PINK LADY



**FOOD MILES:** 225

**THIRST:** 822 L

**TIME TO GROW:** 6.5 M

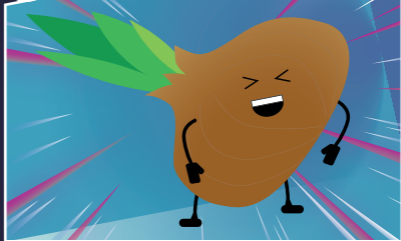
**SHELF-LIFE:** 28 D

**POWER POINTS:** 53

## FUN FOOD FACT

Pink Lady Apples were the first apple with a trademark. They are a cross breed of two apples, Golden Delicious and Lady Williams.

# ONION



**FOOD MILES:** 221

**THIRST:** 345 L

**TIME TO GROW:** 4.1 M

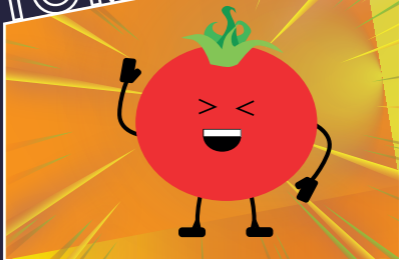
**SHELF-LIFE:** 60 D

**POWER POINTS:** 109

## **FUN FOOD FACT**

In Egypt, onions were considered to be an object of worship. The onion symbolized eternity to the Egyptians who buried onions along with their Pharaohs

# TOMATO



**FOOD MILES:** 2,243

**THIRST:** 214 L

**TIME TO GROW:** 1.5 M

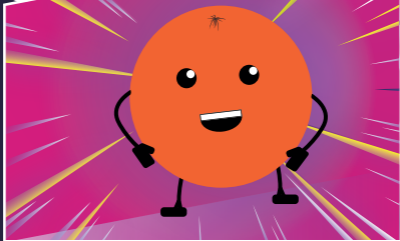
**SHELF-LIFE:** 5 D

**POWER POINTS:** 186

## FUN FOOD FACT

The first tomatoes in Europe may originally have been yellow. They were first referred to in writing as 'pomo d'oro', meaning 'golden apple'.

# ORANGE



**FOOD MILES:** 2,181

**THIRST:** 560 L

**TIME TO GROW:** 3 Y

**SHELF-LIFE:** 14 D

**POWER POINTS:** 98

## FUN FOOD FACT

The color Orange is named after the Orange fruit. Before orange made its way from China to Europe, yellow-red was called simply that: yellow-red, or even just red.



# MUSHROOM



**FOOD MILES:** 898

**THIRST:** 18 L

**TIME TO GROW:** 0.75 M

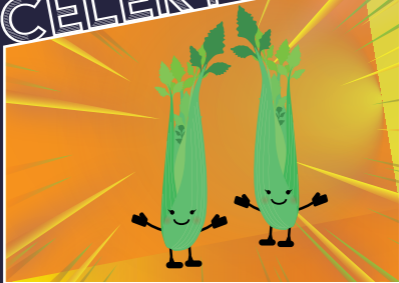
**SHELF-LIFE:** 10 D

**POWER POINTS:** 238

## FUN FOOD FACT

Long before trees overtook the land, Earth was covered by giant mushrooms. 7.3 meters tall and 0.9 meters wide, these giant spires dotted the ancient landscape.

# CELERY



**FOOD MILES:** 800

**THIRST:** 20 L

**TIME TO GROW:** 4.6 M

**SHELF-LIFE:** 15 D

**POWER POINTS:** 1,381

## FUN FOOD FACT

Celery is a very versatile vegetables, useful for its flavorful seeds and pale green leaves and stalks. You burn more calories eating celery than the calories it contains.



