

# WHEAT



**FOOD MILES:** 96

**THIRST:** 1,608 L

**TIME TO GROW:** 7.5 M

**SHELF-LIFE:** 91 D

**POWER POINTS:** 9

## FUN FOOD FACT

Taking up around 220.4 million hectares, wheat is grown on more land area than any other crop.

# MILK



**FOOD MILES:** 50

**THIRST:** 1,020 L

**TIME TO GROW:** 7.8 M

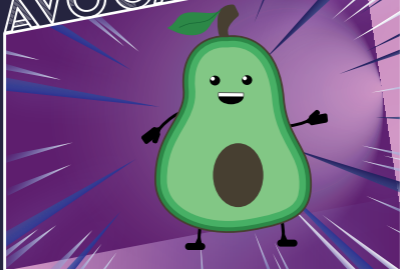
**SHELF-LIFE:** 5.5 D

**POWER POINTS:** 31

## FUN FOOD FACT

To get the amount of calcium in an 8-ounce glass of milk, you'd have to eat one quarter of a cup of broccoli

# AVOCADO



**FOOD MILES:** 6,321

**THIRST:** 1,981 L

**TIME TO GROW:** 15 M

**SHELF-LIFE:** 4 D

**POWER POINTS:** 28

## FUN FOOD FACT

The biggest producers of avocados are Mexico, the Dominican Republic, Colombia, Peru and Indonesia.

# LEEK



**FOOD MILES:** 116

**THIRST:** 800 L

**TIME TO GROW:** 6.9 M

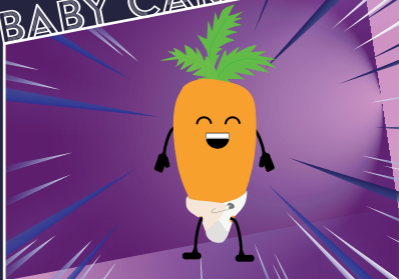
**SHELF-LIFE:** 13 D

**POWER POINTS:** 132

## FUN FOOD FACT

The leek became the national emblem of Wales following an ancient victory by an army of Welshmen who wore leeks as a distinguishing sign.

# BABY CARROT



**FOOD MILES:** 5,608

**THIRST:** 195 L

**TIME TO GROW:** 2 M

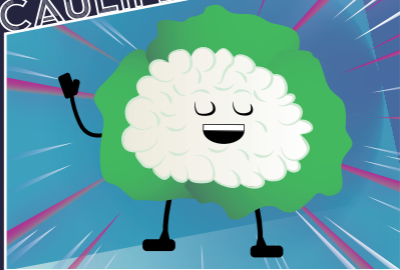
**SHELF-LIFE:** 21 D

**POWER POINTS:** 458

## FUN FOOD FACT

Carrots were originally white or purple. Then a yellow carrot appeared through mutation and the familiar orange carrot was bred.

# CAULIFLOWER



**FOOD MILES:** 787

**THIRST:** 285 L

**TIME TO GROW:** 2.6 M

**SHELF-LIFE:** 17 D

**POWER POINTS:** 315

## FUN FOOD FACT

The word "cauliflower" derives from the Italian *caoli fiori* (cabbage flower). The ultimate origin of the name is from the Latin words *caulis* (cabbage) and *flōs* (flower).

# BROCCOLI



**FOOD MILES:** 115

**THIRST:** 290 L

**TIME TO GROW:** 4.5 M

**SHELF-LIFE:** 11.5 D

**POWER POINTS:** 340

## FUN FOOD FACT

When broccoli was first introduced in to England in the mid-18th century, it was referred to as Italian asparagus.

# ALMOND



**FOOD MILES:** 5318

**THIRST:** 16,095 L

**TIME TO GROW:** 6.9 M

**SHELF-LIFE:** 365 D

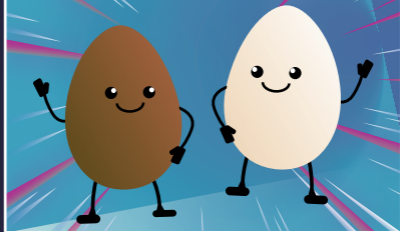
**POWER POINTS:** 28

## FUN FOOD FACT

In Sweden, cinnamon-flavored rice pudding with an almond hidden inside is a Christmas custom. Find it, and good fortune is yours for a year.



# EGGS



**FOOD MILES:** 208

**THIRST:** 3,265 L

**TIME TO GROW:** 0.06 M

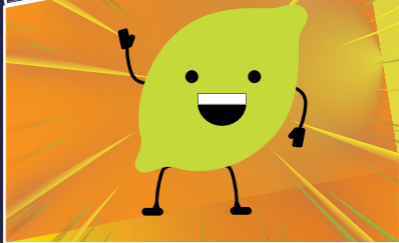
**SHELF-LIFE:** 66 D

**POWER POINTS:** 31

## **FUN FOOD FACT**

Most eggs sold in supermarkets are approximately four days old. If kept refrigerated, they will still be good for about four weeks.

# LEMON



**FOOD MILES:** 8,412

**THIRST:** 642 L

**TIME TO GROW:** 36 M

**SHELF-LIFE:** 7.5 D

**POWER POINTS:** 24

## FUN FOOD FACT

Lemon juice can be stored for later use by putting freshly squeezed lemon juice in ice cube trays and freezing them.

# CHICKPEA



**FOOD MILES:** 10,584

**THIRST:** 4,177 L

**TIME TO GROW:** 3.28 M

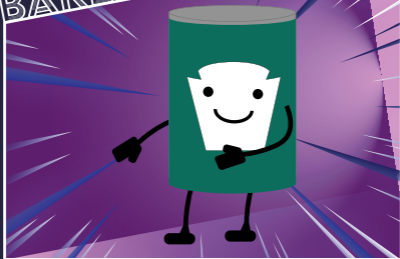
**SHELF-LIFE:** 730 D

**POWER POINTS:** 57

## FUN FOOD FACT

The Chickpea is one of the world's first cultivated legumes. The ancient civilizations of Egypt, Rome and Greece all loved their chickpeas.

# BAKED BEANS



**FOOD MILES:** 3,757

**THIRST:** 5,053 L

**TIME TO GROW:** 3.9 M

**SHELF-LIFE:** 1,825 D

**POWER POINTS:** 94

## FUN FOOD FACT

In ancient Greece minor officials were elected by putting one white and many black beans in a pot. Whoever picked the white bean got the job.