



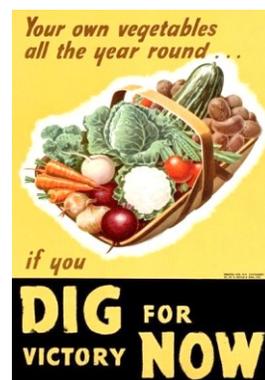
ENGLEFIELD ESTATE

VE Day Activities - Dig for Victory

Friday 8th May 2020 is the 75th anniversary of VE Day, or Victory in Europe Day, marking the end of combat in Europe during World War II.

During the war, the government devised the Dig For Victory campaign to help British people have enough food. Lawns and flower-beds, school playing fields and even flat roofs were turned into vegetable gardens.

Over ten million instructional leaflets were sent to British homes. Cartoon characters such as Doctor Carrot promoted vegetable growing and eating.



Can you create your own Victory Garden? Here are some ideas that you can try at home!

1. Grow Romaine lettuce from the base of a lettuce you've eaten

- Cut the base off a Romaine lettuce, about 3 cm from the bottom. Eat the lettuce. Yum!
- Place the base in a glass or jar with about 1.5cm of water. Put it on a windowsill that doesn't have sun shining through most of the day. Change the water every 3 days.
- After 2 weeks you should have new leaves growing from the top of the base and new roots growing from the bottom. Plant out in a container, or in the garden, and a whole new lettuce will grow!



2. Make seed starter pots out of old toilet rolls

- Stand empty toilet rolls up in a plastic tray that doesn't have holes in the bottom. You could reuse an old ice cream carton or takeaway container.
- Fill the toilet rolls with compost or soil and plant a pea or bean seed in each one. Put them on the windowsill and water regularly.
- Once the plants have begun to grow, you can plant the toilet rolls, with the plants still in, out in the garden, or in an old bucket or container with drainage holes punched in the bottom and some stones added before the soil. Support each plant with a stick.



3. Grow potatoes in an old bucket or storage container

- Put 3 small potatoes in an old egg carton with the little indents you can see (eyes) at the top. Leave them on the windowsill for about 3 weeks until they grow shoots.
- Punch some holes in the bottom of an old bucket or container, add a layer of stones and half-fill with soil or compost. Gently push the potatoes into the soil with the shoots pointing up. Cover with a bit more compost/soil and water every few days.
- As shoots appear on the surface, cover with more soil until the bucket is full. When the plants have flowers they are ready to start harvesting potatoes. You can leave until the plants die before harvesting if you want to.



You can watch an original Dig for Victory film, provided by the Imperial War Museum, here: <https://youtu.be/35NpLveVZDg>