

# World War Zoo – Growing Food for People and Animals in Wartime

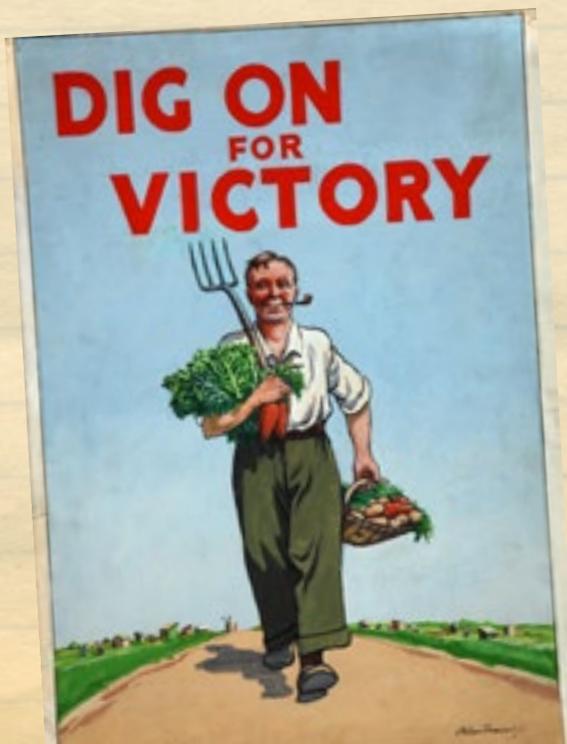


## 3. GROWING YOUR OWN

### Dig for Victory – our wartime zoo allotment at Newquay Zoo

Newquay Zoo has been running a tiny allotment next to the Lion House since 2009, just like the allotments that zookeepers would have made on spare lawns and flowerbeds.

As a wartime child, you would help with gardening at home or school, on any spare land available, to grow your own school dinner or supper at home. Any spare land in parks, alongside railway tracks, airfields, factories or sports pitches would be dug up to grow vegetables.



We use what is grown at Newquay Zoo's tiny wartime allotment as fresh food for our animals. We also grow scented herbs to create interesting smells and flavours around animal enclosures.

**Our wartime allotment garden at Newquay Zoo 2019 complete with poppies for remembrance and flowers that can be eaten.**

## Activity: Growing their own veg and herbs



### Gardening advice for children

Even if you can't go out or don't have a garden, you can still grow stuff at home on the windowsill. Try this CBeebies Mr Bloom podcast: <https://www.bbc.co.uk/cbeebies/radio/radio-mr-bloom-no-garden>

To get you started, plant pots can be made out of newspaper, cardboard tubes, old yoghurt pots or cut down plastic bottles (both of these need drainage holes).

Planting dried peas in a pot or tray of soil, you can grow micro greens or pea tops. These are known as **green gold** in Japan.

<https://schoolgardening.rhs.org.uk/Resources/Activity/Pea-Head-Person>

You can plant Nasturtium flowers and, like our zoo animals, you can wash and eat the young leaves. They can be mildly hot and peppery. Our animals eat the flowers too!

You can grow cress seeds on damp kitchen roll in a tray or plate. Add to sandwiches and salads.

**See below for some online sources of seeds.**

You might be able to plant and grow some of the beans, seeds and pips from fruit in your house and store cupboard too! Some take a long time though. <https://schoolgardening.rhs.org.uk/Resources/Activity/Store-cupboard-scientist>

The RHS Royal Horticultural Society website:  
<https://www.rhs.org.uk/advice/beginners-guide>

RHS gardening with children website:  
<https://www.rhs.org.uk/advice/profile?pid=682>

### Family activities

<https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities>

## **Gardening at Home ideas with schools closed**

<https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside>



## **RHS Activity Resources**

<https://schoolgardening.rhs.org.uk/Resources/Find-a-resource?so=0&pi=0&ps=10&f=1,1:&page=1>

Wild about Gardens (RHS / Wildlife Trusts) <http://wildaboutgardens.org.uk/>

NHS change4life food & fitness activities, some indoors <https://www.nhs.uk/change4life/activities>

## **Eden Project activities for children**

<https://www.edenproject.com/learn/for-everyone>

## **CBBC CBeebies gardening including Mr Bloom who visited Newquay Zoo and its World War Zoo allotment garden in 2012**

<https://www.bbc.co.uk/cbeebies/grownups/how-does-your-garden-grow>

## **Kids in the Garden UK blog**

<http://kidsinthegarden.co.uk/portfolio-items/kids-garden-ideas/>

<http://kidsinthegarden.co.uk/plants-for-kids/>

## **Archived BBC Gardening with Children page**

[http://www.bbc.co.uk/gardening/gardening\\_with\\_children/](http://www.bbc.co.uk/gardening/gardening_with_children/)

Archived BBC Dig In Campaign 2009/10 <http://www.bbc.co.uk/gardening/digin/>

## **Gardeners World Friday evening BBC TV with clips**

<https://www.bbc.co.uk/programmes/b006mw1h/clips>

## **Online sources of seeds for children**

Lots of places stock seeds such as supermarkets. Even if garden centres are closed, many seed suppliers have a special children's gardening section of easy to grow, fun seeds to grow and eat.

## Suttons Seeds

<https://www.suttons.co.uk/Gardening/Vegetable-Seeds/Featured-Vegetable-Seed-Ranges/Fun-to-Grow---Seeds-for-Kids/list.htm>



## Johnson's Seeds

<https://www.johnsons-seeds.com/Little-Gardeners/#.Xnm73tGnyhB>



## Thompson and Morgan seeds

<https://www.thompson-morgan.com/top-10-plants-for-children>

## Wartime Kitchen and Garden

Episodes of the lovely old 1980s BBC series **Wartime Kitchen and Garden** (never issued on DVD) can be found on YouTube. Suitable for KS2 /3 or older children. The BBC book is still widely around second-hand.

Channel 4's **The 1940s House** is around on DVD. The Imperial War Museum has some Youtube resources on their old 1940s House exhibit.

<https://www.iwm.org.uk/learning/resources/the-1940s-house>

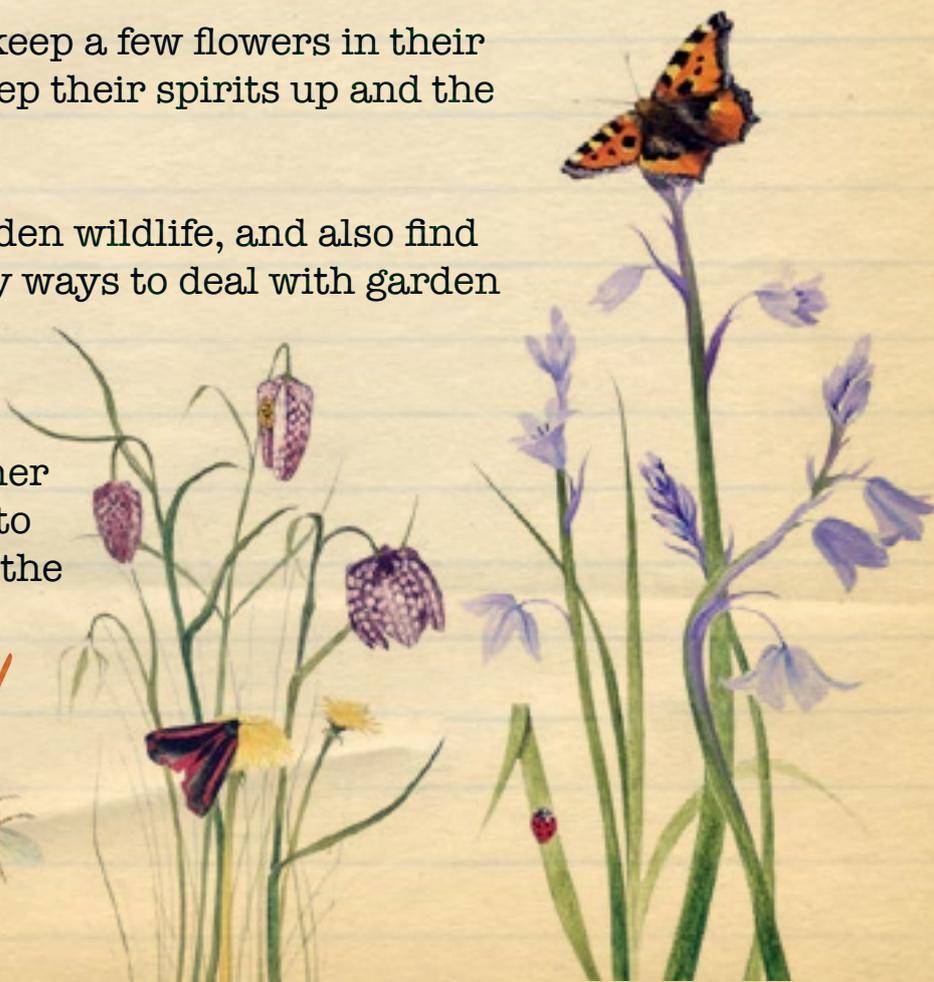
## Flowers and birds in your wartime garden?

People did quietly plant or keep a few flowers in their wartime gardens, just to keep their spirits up and the bees happy.

Take time to notice any garden wildlife, and also find out the best wildlife-friendly ways to deal with garden pests eating your plants.

Bird seed with corn, sunflower seeds etc is another interesting source of seeds to grow in pots for wildlife - if the birds don't get them first!

*Enjoy your gardening!*



## Animal Enrichment

### Lion Cat Nip or Cat Mint

This frosted herb on our allotment is the spicy, strong-smelling Big Cat Thyme (*Teucrium marum*). This is a favourite strong scent for the lions next door. Sniff this, but don't try eating it!



## WW2 Wartime Potato Biscuits Recipe

These have been cooked up by our zoo café for WW2 events and our early wartime zoo school workshops. They're quite tasty! Adapted from original wartime recipe in - **Potatoes: Ministry of Food wartime leaflet No. 17**. Makes about 24 approximately 3 inch biscuits.

### Ingredients

2 ounces margarine  
3 ounces plain flour  
3 ounces cooked mashed potato  
6 tablespoons grated cheese\*  
1.5 teaspoons table salt  
Pinch of cayenne or black pepper

### Cooking instructions

1. Rub margarine into flour
2. Add potato, salt, pepper (and cheese, if using this\*)
3. Work to a stiff dough
4. Roll out thinly and cut into shapes – festive shapes for Christmas if wanted!
5. Bake in a moderate oven, 15 to 20 minutes.

\* N.B. Leave out cheese if you have dairy allergy, the pepper is enough to make the taste 'interesting'.

## YAC Eggless Cake recipe

<https://www.yac-uk.org/activity/bake-an-eggless-cake>

## War and Peace Christmas Pudding WW1 & WW2

<https://worldwarzoogardener1939.wordpress.com/2014/12/19/war-and-peace-christmas-pudding-rationing-recipe-ww1-ww2/>