



HANGING BASKETS

Tomato

It is important to take care when handling compost and plant materials. Hands should be washed thoroughly with soap and water after handling compost as it contains bacteria. Parts of plants e.g. leaves, stems, flowers, seeds and berries mentioned in the activities must not be eaten. Gloves should be worn to protect broken skin from bacteria from soil.

Tomato plants that 'sprawl' naturally are suitable for hanging baskets and many have features that are attractive as well as edible e.g. brightly coloured leaves, or fruits. Plants that can be planted successfully in hanging baskets include: Tomatoes e.g. 'Tumbler', 'Tumbling Tom Yellow' or 'Terenza'.

WHAT YOU WILL NEED

Tomato plants

Hanging basket, liner, hanger and bracket (make holes in liner for drainage)

Multi-purpose, peat-free compost

INSTRUCTIONS

1. Fill the hanging basket with organic compost to within about 7cm of the top.
2. Place the main upright tomato plant in the centre of the compost.
3. Place the 'Filler' tomato plants around this central plant.
4. Place the 'Spiller' tomato plants around the edge so that they will trail over the edge of the basket.
5. 'In-fill' between the plants with more compost and firm it down gently, making sure the roots of all the plants are fully covered.
6. Leave at least 1cm 'lip' of the hanging basket showing as this will stop the compost being washed out of the basket when it is watered.
7. Water the compost and leave to drain before hanging it up in a suitable place.

Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

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Delicious Tomato Recipes

Fresh tomato soup with cheesy cornbread

Ingredients

For the bread

40g wholemeal self-raising flour
85g ground polenta
1 tsp baking powder
40g mature cheddar, finely grated
1 tsp smoked paprika
3 spring onions (35g), finely sliced
1 green chilli, deseeded, finely sliced
1 large egg
125ml milk

For the soup

2 tsp rapeseed oil
3-5 sticks celery (165g), finely chopped
2 onions, chopped
4 carrots (320g), diced
325g floury potatoes, grated
500g tomatoes, chopped
4 tsp vegetable bouillon powder made up to 1 1/2 litre with boiling water
3 tbsp tomato purée
2 large garlic cloves, finely grated
flat-leaf parsley, chopped, to serve

STEP 1

First, make the bread. Heat oven to 200C/180C fan/gas 6 and line the base of a non-stick 500g loaf tin with baking parchment. Tip the flour, polenta and baking powder into a bowl with half the cheese, the paprika, onions and chilli, then toss together. Add the egg and milk and mix well. Turn out into the tin and top with the remaining cheese. Bake for 20-25 mins until golden and a skewer inserted into the centre comes out clean.

STEP 2

To make the soup, heat the oil in a large pan and fry the celery, onion and carrots for 10 mins until softened. Add the potatoes, tomatoes, bouillon, tomato purée and garlic, then stir well. Cover with a lid and cook for 20 mins.

STEP 3

Remove from the heat and blitz until smooth with a hand blender. Spoon half the soup into two bowls and scatter with parsley. Cool, then chill the remainder for another day and wrap the remaining bread in foil and store in the fridge for up to three days. Reheat the soup in a pan or microwave, and slice and toast the bread before serving.

Recipe courtesy of BBC GoodFood website.

Tomato bruschetta

Ingredients

½ small red onion, finely chopped
8 medium tomatoes (about 500g), coarsely chopped and drained
2-3 garlic cloves, crushed
6-8 leaves of fresh basil, finely chopped
30ml balsamic vinegar
60-80ml extra virgin olive oil
1 loaf crusty bread

STEP 1

In a large bowl, mix the onions, tomatoes, garlic and basil, taking care not to mash or break up the tomatoes too much. Add the balsamic vinegar and extra virgin olive oil. Add salt and pepper to taste. Mix again. Cover and chill for at least an hour. This will allow the flavours to soak and blend together.

STEP 2

Slice the baguette loaf diagonally into 12 thick slices and lightly toast them until they are light brown on both sides. Serve the mixture on the warm slices of bread. If you prefer the mixture at room temperature, remove from the fridge half an hour before serving.

Recipe courtesy of BBC GoodFood website.

