

# WHAT'S GROWING IN MY FIELD?

BRITISH FARMERS ARE PROUD TO CARE FOR THIS LANDSCAPE FOR US ALL TO ENJOY

## This is a field of **BRASSICAS**



Brassicas are a family of vegetables which include broccoli, cabbages, cauliflower, kale and brussels sprouts.

Let's  
Broc' n' Roll,  
did you know?

Packed with essential vitamins and nutrients, eating British brassicas is a great way to get your five a day!



Scan with your phone camera for fun factoids

