

# FRUIT AND VEGETABLES



**RHET**

The Royal Highland Education Trust  
Patron HRH The Princess Royal

## SOFT FRUIT



Most of the raspberries and strawberries we see in the supermarket are grown under specially-designed polytunnels, with controlled water and fertiliser applications throughout the season.



Raspberries & blackberries are both from the same family of plants, and both can be grown under polytunnels.



Blueberry originates from North America, and is a comparative newcomer to the UK and Scotland, but is already proving very popular with consumers due to the high level of anthocyanins and other useful compounds within the fruit.



Raspberries for processing into jams, juices etc. are grown in open fields and usually harvested mechanically. Since the fruit ripen over a period of time, the harvester has to pass through the plants several times during the course of the season. Blackcurrants are almost all grown for processing, but all the fruit ripen together, so the harvester needs only one pass.



Sales of fresh berries are rising rapidly, largely due to the health benefits associated with many of their components, such as anthocyanin pigments.

## ROOT VEGETABLES

There are many different kinds of root vegetables grown in Scotland including potatoes, turnips, onions, parsnips, beetroots and carrots. This poster will focus on growing carrots in Scotland.

Sales direct from farm.



Different varieties of carrots can be grown; the most popular variety in the UK is Nairobi.



Carrots are dirty when they come out of the ground and are washed and brushed to get them clean.



## DID YOU KNOW...

that carrots come in many different colours and that the colour orange was cultivated in Holland as a tribute to William of Orange?

Carrots are sown in Scotland every year between February and early May



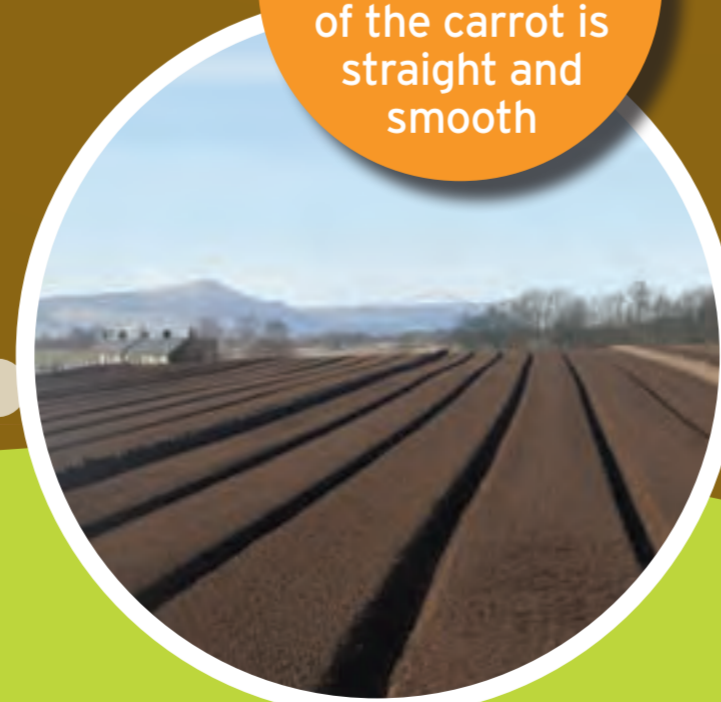
Carrots can be harvested in Scotland for 11 months of the year, straw is put on top of them over winter for warmth.



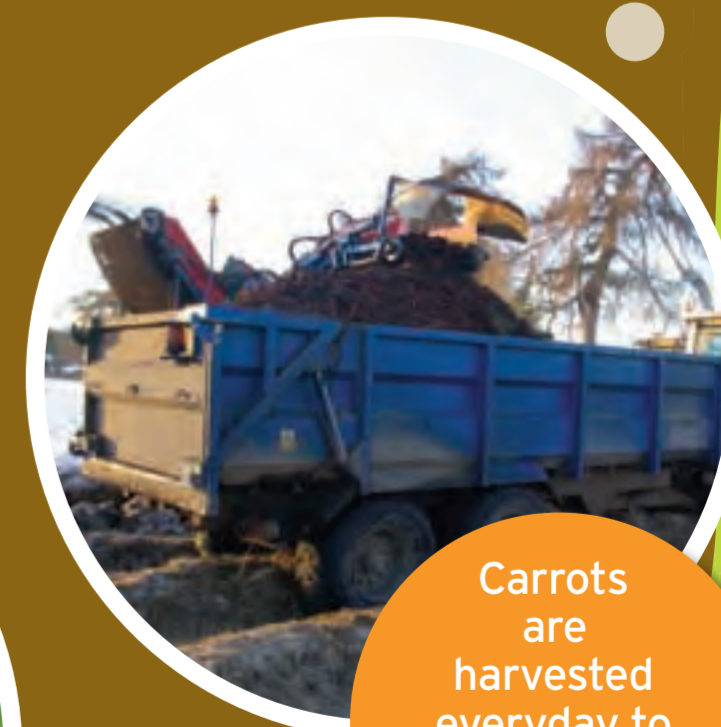
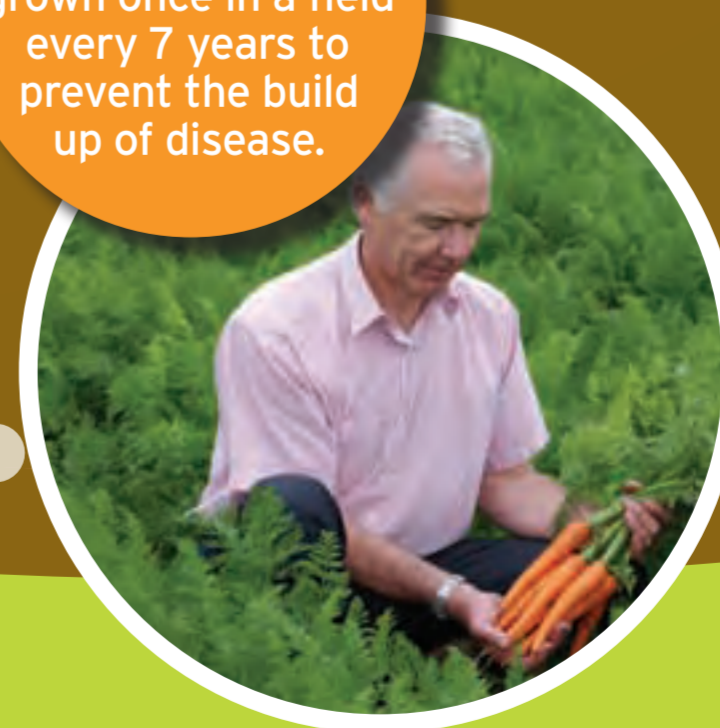
The first carrots to be sown are stored under polythene to warm up the soil and help the plant to grow.



Carrots are grown in sandy soil so that the outside of the carrot is straight and smooth



To produce healthy carrots they should be grown once in a field every 7 years to prevent the build up of disease.



Carrots are harvested everyday to make sure they are fresh in store.



KETTLEproduce ltc



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