

All About Harvest



What Is a Harvest Festival?

Harvest is when farmers collect their crops from the fields, ready to be used as food.

A Harvest Festival is a special celebration of all of this food that has been grown.

People often celebrate this festival by singing, praying and decorating churches and schools with baskets of fruit, vegetables and food.

Where do you think the food that is collected goes?

What do you know about harvest? Can you think of any food that is grown on land?



Why Is Harvest Celebrated?

We use harvest as a way of saying thank you for all of the lovely food we get to eat.

Here are some ways that people may celebrate harvest:

- creating a display of food and plants
- singing and writing harvest poems and songs
- making scarecrows with different materials
- playing autumnal games, such as apple-bobbing
- preparing meals and treats
- taking part in a community Harvest Festival celebration
- learning more about farming
- giving food to people in need



When Is Harvest Festival?

In the United Kingdom, the Harvest Festival is celebrated in late September or early October.

Farmers plant their crops at different times throughout the year. Some crops like being in the frozen ground over winter, but others like to be planted in spring.

This means different foods are harvested at different times of the year.

Did You Know...?

The word 'harvest' comes from the old English word 'haerfest', which means autumn.



Harvest in the Past

In the past, it was not as easy to find food in the winter. The farmers had to bring in crops from the fields before the cold weather arrived.



A good harvest meant that people would have enough food throughout the freezing winter months.

Now, we can get food from many different countries around the world.



How do you think food from different countries travels to us?

This means that we can buy lots of different fruits and vegetables all year long.



What Foods Do We Harvest?



apple



pumpkin



cabbage



carrots



sweet potato



broccoli



cranberries



parsnips

Did You Know...?
Pumpkins are actually a fruit and not a vegetable.

What Foods Do We Harvest?



spring onions



cherries



tomatoes



cucumber



blueberries



spinach



strawberries



radish

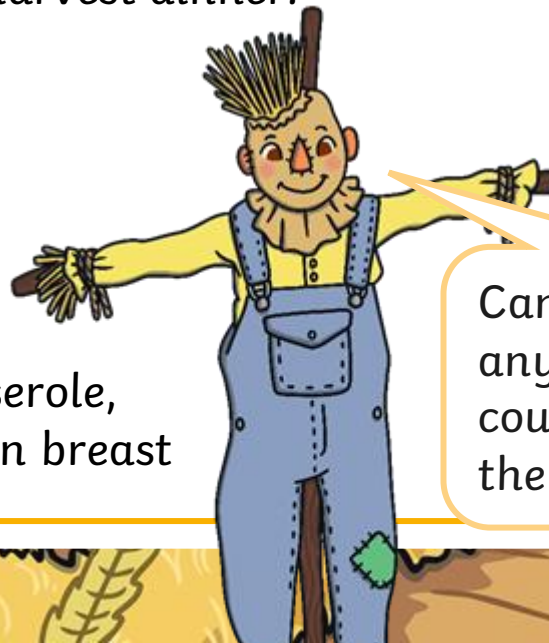
Did You Know...?
Strawberries are the only fruit with seeds on the outside!

Seasonal Food for Harvest Time

In the past, people would gather for a harvest feast after a long day of harvesting crops on the farm! They would feast on the autumn fruit and vegetables, sing and play games.

Here is a selection of food you may see people eating at this time of year as part of a harvest dinner:

- toffee apples
- homemade bread
- apple and berry dishes
- roast vegetables
- pies, tarts and cakes
- pumpkin and squash dishes
- chicken dishes, such as casserole, patties and seasoned chicken breast



Can you think of any other foods you could eat as part of the Harvest Festival?

How Do We Harvest Our Food?

Machinery

Farmers use machines to harvest some of their crops. The machines are huge and are able to collect the grains, fruits or vegetables very quickly.

Tractors come in different sizes and can help carry very heavy loads, like moving hay bales or pulling other machinery. Some tractors even have sprayers that help farmers water and look after crops to help them grow.

Here, the wheat is being harvested by a huge combine harvester. The combine harvester cuts grains and other crops.



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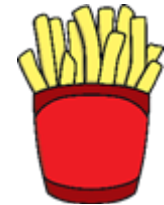
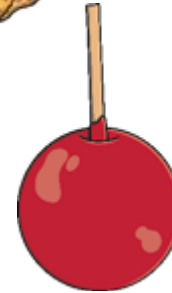
By Hand

Some fruits and vegetables are too delicate to be collected by a machine.

They need to be carefully picked and stored so that they don't get damaged.

Hand-picked fruits and vegetables include strawberries, pumpkins, kiwis, peas and lettuce. Have you ever been strawberry or pumpkin picking before?





Look at the pictures. Can you talk about which foods would be best for a harvest celebration meal?

Take a moment to think about what you are **thankful** for.



