



Real Food Sandwich Garden

Growing your own real food garden is both delicious and fun. Kids will love watching food grow and then tasting it in delicious homemade dishes - especially sandwiches. Use this Hellmann's® how-to guide to start planting and enjoying your very own real food sandwich garden.

GET GROWING:

Tomatoes

To grow Heirloom tomatoes, a little extra care goes a long way. First-time growers should consider buying small tomato plants from a nursery and transplanting them to their yard. Tomatoes can grow almost anywhere as long as they get direct sunlight and weekly 2.5 cm watering. Within 6 weeks, your sandwiches will benefit from thick and juicy tomato slices.

Cucumbers

Cucumbers grow best in clay soil mixed with lots of compost. Plant 7-8 seeds in 90-cm-wide heaps (1 seed per heap) that are spaced 120-150 cm apart next to a fence or trellis. Cucumbers need a lot of moisture, so be sure to soak the soil deeply if the summer weather is dry. In 6 to 8 weeks, your delicious cucumbers will make a crunchy cool addition any sandwich.

Chives

Grow your own herb garden indoors, beginning with an empty Hellmann's® jar! Thoroughly rinse out an empty 890 mL jar, carefully cut several small holes in the bottom, place on a plate or draining tray and fill the jar $\frac{3}{4}$ of the way with soil. Bury 1-3 bulbs in the soil and place on a windowsill where the jar is exposed to partial sunlight and sprinkle with about 2.5 cm of water weekly. Kept indoors, chives will grow continuously for a year-round supply. Most herbs can grow in the same small area, so feel free to grow an abundance of herbs in the same jar.

TASTE TEST:

Once your fresh produce sprouts up, try all of the ingredients in your favourite sandwich or choose one of the many delicious sandwich recipes on hellmanns.ca. We suggest this classic:

Garden Turkey Sandwich

Preparation Time: 15 Minutes | Cooking Time: 15 Minutes

Ingredients

1 tbsp Hellmann's® ½ the Fat Olive Oil mayonnaise-type dressing	4 lettuce leaves ¼ cup
2 slices multigrain bread	¼ each thinly sliced red onion and cucumber
2 oz sliced skinless roast turkey breast	4 thin slices tomato
1 slice reduced fat Swiss Cheese	2 radishes, thinly sliced

Directions

Evenly spread Hellmann's® and place ingredients between bread.
Serves 1.

