

# Dandelion



## Top Plants

# Top Plants Game

## How to Play

A card game for 2 players. Each player has a set of 6 cards with each of the 6 plant species on. Mix up the cards so that they are in a different order. The card on the top of the pile in your hand is the one that is in play. Player 1 chooses a category e.g. edible parts. Player 2 has to say what the score is for that category for their card in play. Highest score wins for all categories except weeks to grow, where the lowest number wins. The losing card is passed to the other player. The player that wins the card can choose the next category. Play ends when one player has all the cards.

You can choose to play in 2 groups. Each group decides together which category to choose.

## How to make the Game

Print out the sheets of playing cards. Stick them onto some cardboard e.g. the side of a cereal box. Cut out the cards.

There are templates for you to create as many new cards of your own as you want.

## Notes

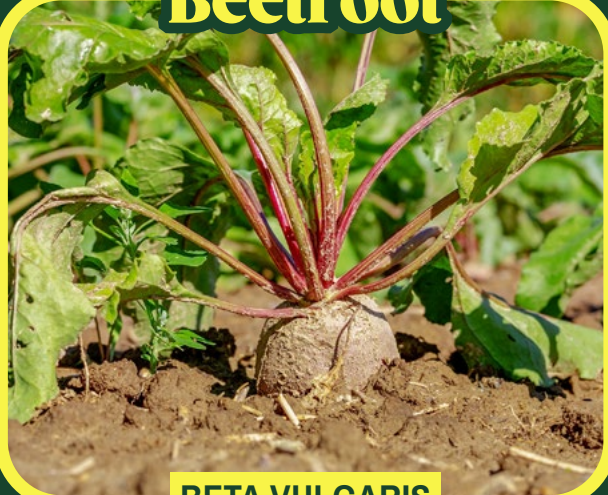
All the plants listed in these cards can be grown outside in the school grounds in Scotland. See the Have a Grow 6 species growing guide for tips and information.

See the table below for more detail. The percentages displayed in the vitamins section were worked out by calculating the vitamin content of 10g of the plant and dividing it by the daily values (DV), and further averaging this to produce a number representative of all the vitamins involved.

Written in collaboration with Jamie Cairn, a medical student from the University of St Andrews while volunteering with Keep Scotland Beautiful.



## Beetroot



**BETA VULGARIS**

NUMBER OF  
WEEKS TO GROW

**7-8**

KITCHEN  
VERSATILITY

**215**

EDIBLE  
PARTS

**98**

Root, Leaves

NUMBER OF VITAMINS  
AND % OF DV:

**2**

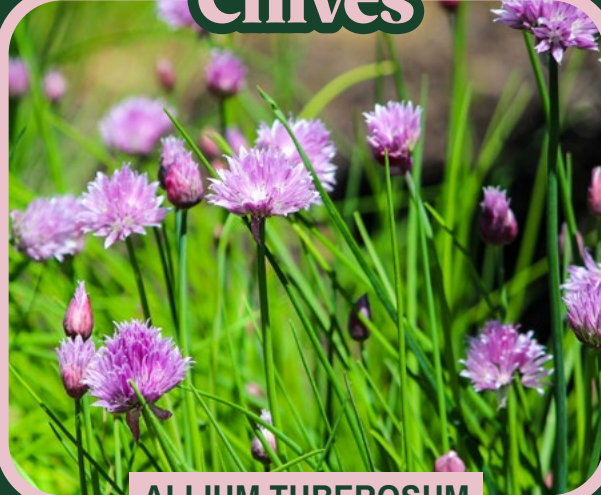
C and folate (B9)  
43.1% average DV

MEDICINAL USES:

**10**

Lowers blood pressure  
digestive health, anti-  
inflammatory

## Chives



**ALLIUM TUBEROSUM**

NUMBER OF  
WEEKS TO GROW

**3**

KITCHEN  
VERSATILITY

**99**

EDIBLE  
PARTS

**100**

All of Plant

NUMBER OF VITAMINS  
AND % OF DV:

**3**

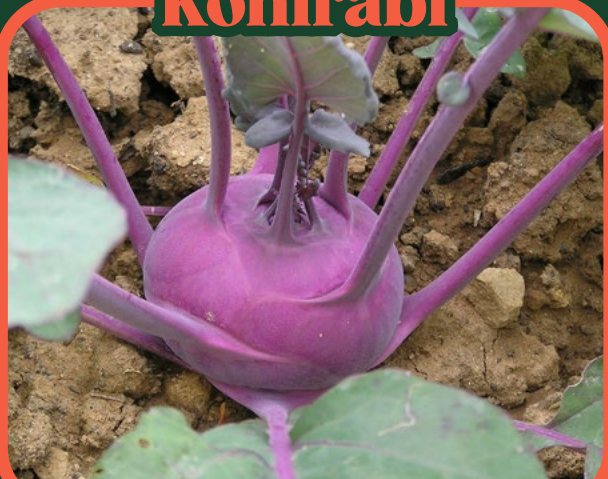
A, B2, C  
11.0% average DV

MEDICINAL USES:

**8**

Digestive health, heart health,  
immunity

## Kohlrabi



**BRASSICA OLERACEA VAR. GONGYLODES**

NUMBER OF  
WEEKS TO GROW

**15**

KITCHEN  
VERSATILITY

**3**

EDIBLE  
PARTS

**66**

Swollen Stem, leaves

NUMBER OF VITAMINS  
AND % OF DV:

**3**

C, B6 and folate (B9) -  
9.28% average DV

MEDICINAL USES:

**7**

Lowers blood pressure  
weight loss, digestion

## Lemon balm



**MELISSA OFFICINALIS**

NUMBER OF  
WEEKS TO GROW

**6**

KITCHEN  
VERSATILITY

**4**

EDIBLE  
PARTS

**100**

Leaves, rest of plant

NUMBER OF VITAMINS  
AND % OF DV:

**2**

C and Thiamin (B1) -  
3.73% average daily values

MEDICINAL USES:

**7**

Digestive health,  
pain killer

# Lettuce



LACTUCA SATIVA

NUMBER OF  
WEEKS TO GROW

6-8

KITCHEN  
VERSATILITY

103

EDIBLE  
PARTS

70

Leaves, stems

NUMBER OF VITAMINS  
AND % OF DV:

3

C, K and folate (B9) - 81% average  
daily values [149% of DV Vitamin K]

MEDICINAL USES:

6

Sedative, Laxative

# Sunflower



HELIANTHUS ANNUUS

NUMBER OF  
WEEKS TO GROW

12

KITCHEN  
VERSATILITY

126

EDIBLE  
PARTS

75

Seeds, stems, buds

NUMBER OF VITAMINS  
AND % OF DV:

3

E, B1 and B6  
- 6.32% average DV

MEDICINAL USES:

6

Digeastive health,  
pain killer

	<b>No. of weeks to grow to maturity</b>	<b>No. of vitamins and their relative amounts according to the daily value</b>	<b>Kitchen versatility – number of BBC Good Food recipes using this plant</b>	<b>Edible parts – the percentage of the plant that can be eaten</b>	<b>Medicinal uses. 1 to 10, the higher the number the better!</b>
	<b>References</b> [14], [15], [16], [17], [18], [19]	<b>References</b> [20], [21], [22], [23], [24], [25], [26]	<b>References</b> [1], [2]	<b>References</b> [3], [4], [5], [6], [7]	<b>References</b> [8], [9], [10], [11], [12], [13]
<b>Lemon balm</b>	6	C and Thiamin (B1) – 3.73% average daily values	4	98% – all parts	7 – Digestive health, pain killer
<b>Lettuce</b>	6–8	C, K and folate (B9) – 81% average daily values [149% of DV Vitamin K]	103	70% – Leaves, stem	6 – Sedative, laxative
<b>Kohlrabi</b>	15	C, B6 and folate (B9) – 9.28% average DV	3	66% – Swollen stem, leaves	7 – Lowers blood pressure, weight loss, digestion
<b>Sunflower</b>	12	E, B1 and B6 – 6.32% average DV	126 (seeds not oil)	75% – Seeds, stems, buds	6 – Colds and coughs, skin health
<b>Beetroot</b>	7–8	C and folate (B9) – 43.1% average DV	215	98% – Root, leaves	10 – Lowers blood pressure, digestive health, anti-inflammatory
<b>Chives</b>	3	A, B2, C – 11.0% average DV	99	98% – All parts	8 – Digestive health, heart health, immunity



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