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:** Root, Leaves
- **Number of vitamins and % of DV:**
  - 2 C and folate (B9) - 43.1% average DV
- **Medicinal Uses:**
  - 10 Lower blood pressure, digestive health, anti-inflammatory

**Chives**

**Allium tuberosum**

- **Number of Weeks to Grow:** 3
- **Kitchen Versatility:** 99
- **Edible Parts:** 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:** Swollen stem, leaves
- **Number of vitamins and % of DV:**
  - 3 C, B6 and folate (B9) - 9.26% average DV
- **Medicinal Uses:**
  - 7 Lower blood pressure, weight loss, digestion

**Lemon balm**

**Melissa officinalis**

- **Number of Weeks to Grow:** 6
- **Kitchen Versatility:** 4
- **Edible Parts:** 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
**LACTUCA SATIVA (Lettuce)**

- **Number of Weeks to Grow:** 6-8
- **Kitchen Versatility:** 103
- **Edible Parts:** Leaves, stems

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

**Medicinal Uses:**
- 6
  - Sedative, Laxative

**Number of Vitamins and % of DV:**
- E, B1 and B6 - 6.32% average DV

**Medicinal Uses:**
- 6
  - Digestive health, pain killer

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**HELIANTHUS ANNUUS (Sunflower)**

- **Number of Weeks to Grow:** 12
- **Kitchen Versatility:** 126
- **Edible Parts:** Seeds, stems, buds

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

**Medicinal Uses:**
- 6
  - Sedative, Laxative

**Number of Vitamins and % of DV:**
- E, B1 and B6 - 6.32% average DV

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


