



Your  
**FamilyTree**  
GENEALOGY ADVICE YOU CAN TRUST

# Grow your own!

How your ancestors produced  
and cooked their home-grown  
food during World War II



# *Grow for Winter as well as Summer*

DIG FOR VICTORY LEAFLET No.1. New Series

Vegetables for you and your family every week of the year. Never a week without food from your garden or allotment. Not only fresh peas and lettuce in June—new potatoes in July, but all the health-giving vegetables in **WINTER**—when supplies are scarce - - - —  
**SAVOYS, SPROUTS, KALE, SPROUTING BROCCOLI, ONIONS, LEEKS, CARROTS, PARSNIPS and BEET**

Vegetables all the year round  
if you

**DIG WELL  
AND CROP WISELY**

*Follow this Plan*

ISSUED BY THE MINISTRY OF AGRICULTURE



**TABLE OF PLANTING AND PERIOD OF USE**  
**WINTER SUPPLIES PRINTED IN GREEN**

CROP	TIME OF SOWING	DISTANCE APART		PERIOD OF USE
		Rows	Plants	
BEANS (Broad) .. ..	Feb.-March	1 double row	6 in. by 9 in.	July
BEANS (Dwarf) .. ..	Late April-Early May	2½ ft.	9 in.	July-Aug.
BEANS (Dry Haricot) .. ..	Late April-Early May	2½ ft.	9 in.	Winter
BEANS (Runner) .. ..	Mid-May		9 in.	July-Oct.
BEET .. ..	(1) April (2) June	15 in.	6 in. (thin)	July-April
BROCCOLI (Sprouting) .. ..	Mid-May	} 2 ft.	} 2 ft.	} April-May
BRUSSELS SPROUTS .. ..	Plant Mid-July			
CABBAGE (Spring) .. ..	March	} 2½ ft.	} 2½ ft.	} Nov.-Mar.
	Plant May-June			
CABBAGE (Winter) .. ..	July-August	} 1½ ft.	} 1½ ft.	} April-Jan.
	Plant Sept.-Early Oct.			
CABBAGE (Cold Districts)	Mid.-May	} 2 ft.	} 2 ft.	} Autumn
	Plant Mid.-July			
CARROTS (Early) .. ..	April	1½ ft.	1½ ft.	June-Sept.
CARROTS (Maincrop) .. ..	April	1 ft.	6 in. (thin)	Oct.-May
KALE .. ..	June-Early July	1 ft.	6 in. (thin)	Jan.-April
LEEKS .. ..	May	} 2 ft.	} 2 ft.	} Mar.-May
	Plant Mid.-July			
LETTUCE (Summer) .. ..	March	} 1 ft.	} 6 in.	} May-Oct.
	Plant July			
LETTUCE (Winter Hardy)	March and every 14 days	Between other crops	9 in.	Spring
MARROW .. ..	Sept.	1 ft.	9 in.	July-Feb.
ONIONS .. ..	May		3-4 ft.	July-June
PARSNIPS .. ..	Mid.-Feb.	1 ft.	6 in. (thin)	Nov.-Mar.
PEAS (Early) .. ..	Mid.-Feb.-Mid.-March	15 in.	6 in. (thin)	June-July
PEAS (Others) .. ..	} March and April	} 2½ ft.	} 3 in.	} July-Aug.
POTATOES (Early) .. ..				
POTATOES (Others) .. ..	March	2 ft.	1 ft.	Sept.-Mar.
RADISHES .. ..	April	2 ft.	1 ft. 3 in.	May-June
SAVOY .. ..	March onwards	1 ft.		Jan.-Mar.
SHALLOTS .. ..	Late May	} 2 ft.	} 2 ft.	} Jan.-Dec.
	Plant July-Aug.			
SPINACH (Summer) .. ..	February	1 ft.	6 in.	Summer
SPINACH (Winter) .. ..	Mid.-April	1 ft.	6 in. (thin)	Spring
SPINACH BEET .. ..	Sept.	1 ft.	6 in. (thin)	July-Oct.
SEAKALE BEET .. ..	} April	} 8 in.	} 8 in. (groups)	} Jan.-June
SWEDES .. ..				
TOMATOES .. ..	End June	15 in.	6 in. (thin)	Dec.-Mar.
TURNIP (Roots) .. ..	Plant end May		15 in.	Aug.-Oct.
TURNIP (Tops) .. ..	July	1 ft.	6 in. (thin)	Oct.-Mar.
	End August	1 ft.	Sow thinly	April

# THIS PLAN WILL GIVE YOU YOUR OWN VEGETABLES ALL THE YEAR ROUND



COMPOST HEAP · TOOL SHED · SEED BED  
TOMATOES · MARROW · RADISH · PARSLEY



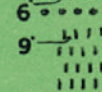
★ INTERCROP WITH SPINACH (2 ROWS)  
AND FOLLOW WITH LEEKS 1 1/2' APART  
(4 ROWS)

## MISCELLANEOUS CROPS

C



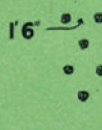
DWARF PEAS\*  
3 ROWS  
(2 ft. 6 in. APART)



DWARF BEANS  
2 ROWS  
(2 ft. 6 in. APART)



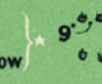
ONIONS\*  
8 ROWS  
(1 ft. APART)



★ FOLLOW WITH  
SPRING CABBAGE  
(4 ROWS  
1 ft. 6 in. APART)



SHALLOTS  
2 ROWS (1 ft. APART)  
BROAD BEANS 1 DOUBLE ROW



★ FOLLOW WITH  
WINTER LETTUCE

★ INTERCROP WITH  
SUMMER LETTUCE



RUNNER BEANS\* (1 ROW)



PARSNIPS  
3 ROWS (1 ft. 3 in. APART)



## POTATOES & ROOT CROPS

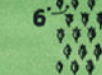
A



CARROT (MAINCROP)  
5 ROWS  
(1 ft. APART)



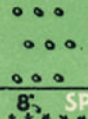
POTATOES (EARLY)  
3 ROWS  
(2 ft. by 1 ft.)



★ FOLLOW WITH  
TURNIPS  
(1 ft. APART)



POTATOES (OTHERS)  
6 ROWS  
(2 ft. by 1 ft. 3 in.)



SPINACH BEET OR SEAKALE BEET  
1 ROW

### ROTATION OF CROPS

1ST. YEAR	2ND. YEAR	3RD. YEAR
C	B	A
A	C	B
B	A	C

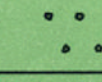
## WINTER & SPRING GREEN CROPS

B

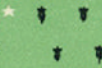
★ INTERCROP SPACE FOR SAVOYS  
AND BRUSSELS SPROUTS WITH  
EARLY CARROTS (2 ROWS) AND  
EARLY BEET (1 ROW)



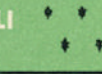
CABBAGE (WINTER)  
3 ROWS  
(2 ft. by 2 ft.)



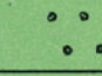
SAVOYS\*  
2 ROWS (2 ft. by 2 ft.)



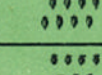
BRUSSELS SPROUTS\*  
2 ROWS (2 ft. 6 in. x 2 ft. 6 in.)



SPROUTING BROCCOLI  
2 ROWS (2 ft. by 2 ft.)



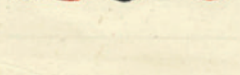
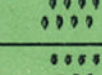
KALE  
2 ROWS (2 ft. by 2 ft.)



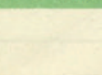
★ PRECEDE BEET WITH  
EARLY DWARF PEAS (1 ROW)



SWEDES  
2 ROWS (1 ft. 3 in. APART)



GLOBE BEET  
2 ROWS (1 ft. 3 in. APART)



ALLOTMENT  
OR GARDEN  
PLOT . . . . . 90' x 30'  
APPROX. 10 SQ. RODS  
POLES  
OR PERCHES

# Vegetable Turnover

## Pastry ingredients

12 oz of plain (wholewheat) flour  
with 3 teaspoons baking powder

Large pinch of salt

3 oz margarine (or dripping)

Water

## Filling ingredients

10 oz scrubbed diced cooked potatoes  
(never remove the skins)

4 medium carrots diced

1 large onion or 1 leek finely chopped  
(sauté) herbs, salt, pepper

## Method

Sift the flour, salt and rub in the margarine

Bind with water

Cook carrots and potatoes until medium soft  
and then mix gently together in bowl with a little  
margarine, salt, pepper and herbs

Mix in the onions or leeks

Divide the pastry into 4 pieces  
and roll out each one into a round

Put mixture into centre of each round

Wet the edges of pastry with water

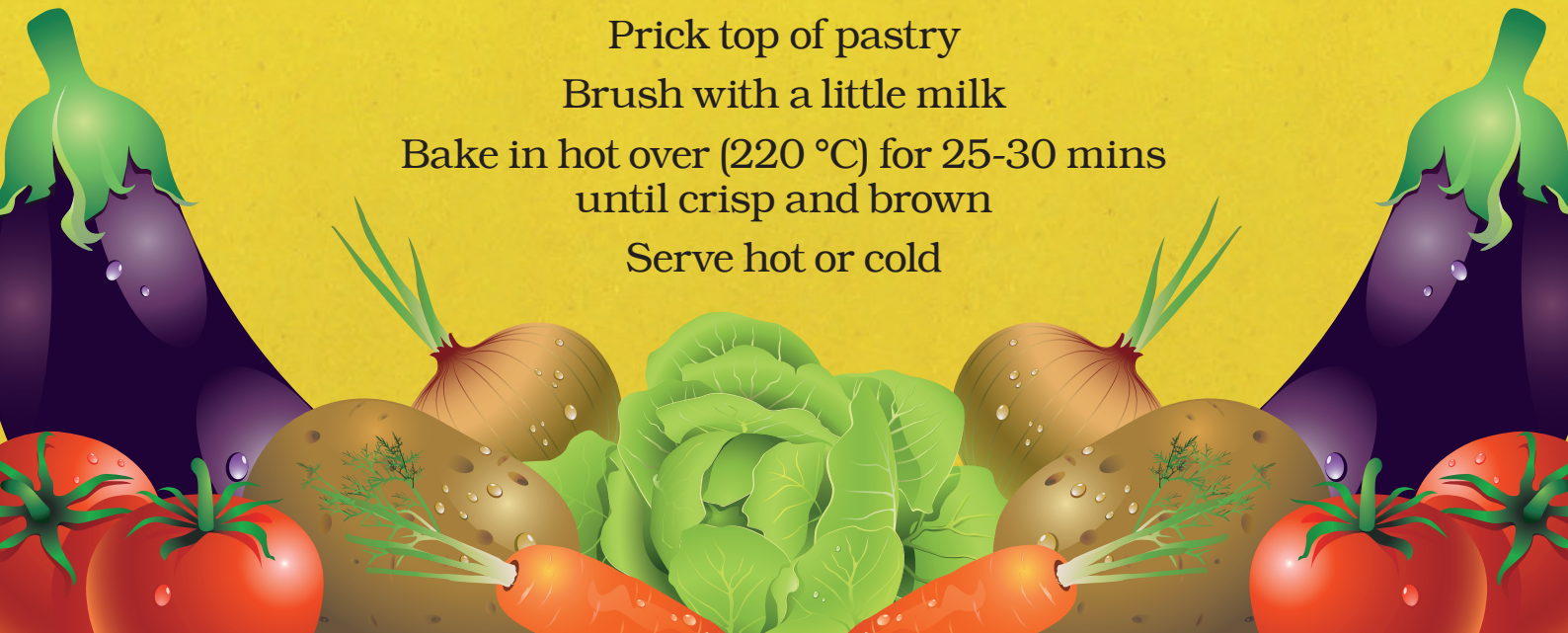
Pull over one side to the other and press down edges

Prick top of pastry

Brush with a little milk

Bake in hot oven (220 °C) for 25-30 mins  
until crisp and brown

Serve hot or cold



# 'Everything in' stew

## Ingredients

1 lb of mince beef  
or a mixture of leftover meats

1 small cabbage

1 onion or 1 leek

Any veggies that need using up

Several soft tomatoes that are  
no good for anything else

Oxo and marmite  
(marmite is optional)

Salt and pepper

Water

## Method

Brown the mince or leftover  
meats and onions

Chop up the remaining vegetables  
into smallish pieces

Chop up the soft tomatoes and add to meat and onions  
and then add water (about a 1000 ml)

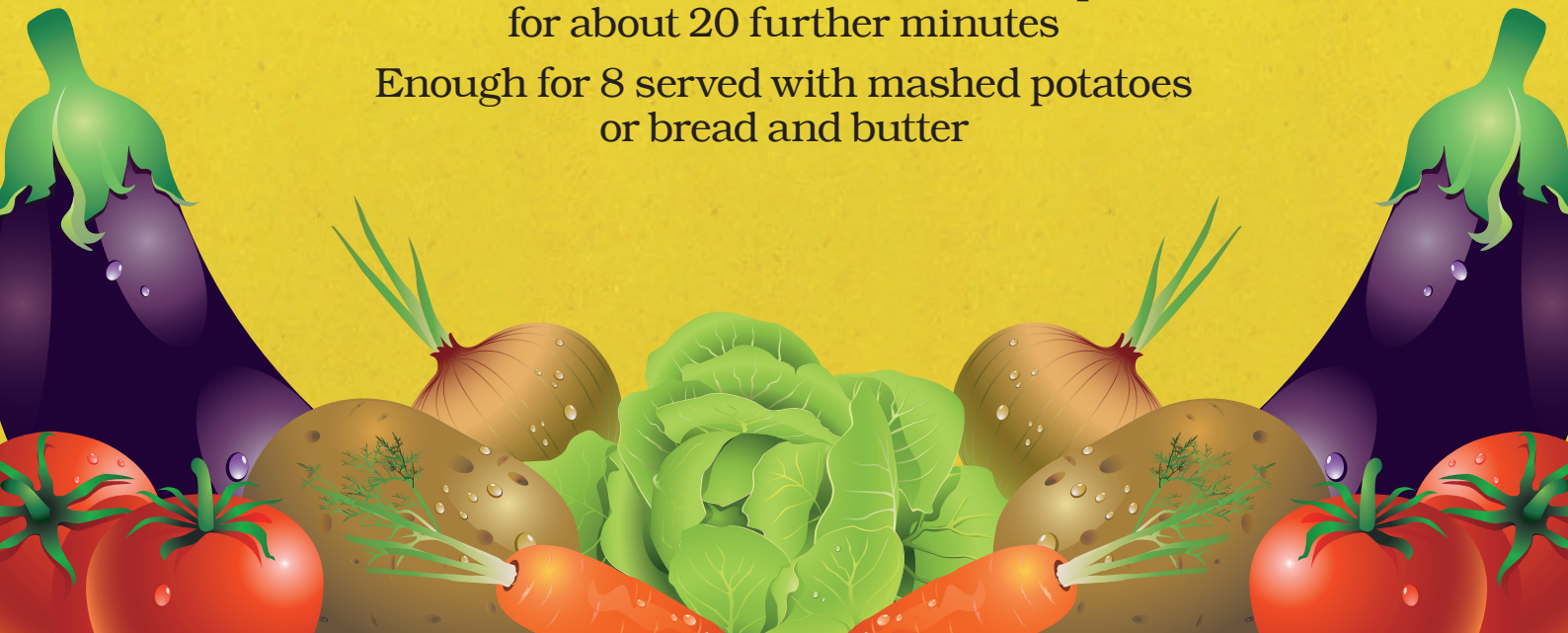
Add the oxo and marmite and stir

Add the chopped veggies

Cook and occasionally stir adding salt, pepper  
and some dried herbs like thyme to your own taste

Cook on medium heat in the saucepan  
for about 20 further minutes

Enough for 8 served with mashed potatoes  
or bread and butter



# Lord Woolton Pie

## Ingredients

Various in season vegetables  
such as swede, turnips, potatoes, cauliflower,  
broccoli, leeks, onions, carrots

Potatoes for mashing

Flour, butter and milk for sauce

Strong grated cheddar cheese

Herbs such as sage or thyme for sauce

## Method

Peel washed potatoes - save peelings to bake  
in oven with salt and herbs

Dice potatoes and cook in salted water until soft

Mash with butter, a little milk and add salt

Peel, wash and dice in season veggies as applicable  
and boil until nearly cooked

Drain and place in pie dish

Make sauce-Use dessert spoon of butter  
and melt in pan, add two dessert spoons of flour  
and mix and slowly add in

milk, keep stirring. Add salt and herbs and pepper

Pour thick sauce over the vegetables

Put mashed potato in piping bag

Pipe over the top of veggies and sauce

Finish by placing some grated cheese over the top

Place in oven at 220 °C for around 30 minutes  
until the potatoes have browned



# Bacon and Egg Pie

## Ingredients

1 egg reconstituted  
2 rashers of grilled bacon  
8 oz of potato pastry  
1 oz breadcrumbs  
salt and pepper

## Method

Beat the egg  
Line a plate with half the pastry  
Mix the egg, breadcrumbs, salt and pepper,  
and chopped bacon together  
Pour this mixture on to the plate,  
cover with the rest of the pastry  
Bake in a moderate oven for 1/2 hour



## DRIED EGGS

*The Ministry of Food package contains 12 eggs for 1/9d. or 11s. each.*

This dried egg is pure fresh egg with no additions, and nothing but the moisture taken away. It is pure egg, spray dried.

Eggs are a very highly concentrated form of food. They contain first-class body-building material. They also help us to resist colds and other infection because of their high protective properties.

Eggs are easily digested, and for this reason are especially good for children and invalids.

Dried eggs are just as good as fresh eggs, and should be used in the same way. They are very useful for main dishes. Here are some recipes for a variety of appetising dishes in place of meat, fish or cheese and which are particularly suitable for dried egg.

### HOW TO RECONSTITUTE DRIED EGG

1 level tablespoonful egg powder } equals 1 egg  
2 " " " " water

Mix the egg and water and allow to stand for about five minutes until the powder has absorbed the moisture. Then work out any lumps with a wooden spoon, finally beating with a fork or whisk.

### TREAT LIKE FRESH EGGS

After reconstituting the egg use at once. Do not reconstitute more egg than necessary for immediate use.

### METHOD OF COOKING

Use in recipes exactly as fresh eggs, beating as usual before adding to other ingredients.

### STORAGE

Keep the egg powder in a tin with a tight fitting lid, and store in a cool place. Do not keep dried egg in a refrigerator.

# Victory Buns

## Ingredients for buns

12 oz of wholewheat flour (or white)  
2 oz margarine  
2 oz sultanas/currants/raisins (optional)  
2 oz sugar  
8 fl oz warm water  
3 teaspoons of quick rise dried yeast  
1 teaspoon dried cinnamon powder  
Pinch salt

## Ingredients for glaze

3 tablespoons water and 3 tablespoons sugar

## Method

Place all the dried ingredients in a bowl  
(apart from dried fruit) and stir

Rub in the margarine

Mix in the dried fruit

Add in the warm water and knead well

Divide dough into 12 balls

Place on greased deep sided tray

Cover with plastic film or plastic bag

Leave to rise somewhere warm for an hour or so. When risen  
place in oven at 180 °C for 15 minutes or so until golden brown

When cooked remove from oven onto a wire rack to cool

When cool prepare glaze by heating the  
water and sugar together until dissolved

Using a pastry brush apply the glaze generously

