

World War 2 cooking.

Dig for victory

People were encouraged to grow as much of their own food as possible during World War 2. Those that did not have gardens, could have an allotment. Potatoes, carrots, parsnips, onions, shallots, marrows, celery, lettuce, radishes, spring onions/scallions, tomatoes, cabbage, cauliflower and Brussels sprouts were often grown.

Create a poster that could have been used to encourage the public to create their own vegetable patch.

For more information about WW2 cooking please click on the following links and watch the video clips.

- [Regulation of the wartime kitchen](#) 3 minutes
- [Sourcing ingredients for a WW2 Sunday lunch](#) 2.07 minutes
- [The role of British restaurants during WW2](#) 2.06 minutes
- [What did Churchill eat during the war?](#) 2.06 minutes

