

# Harvest 2019

## All-age talk

### The Power of the Super Veg

Season for  
**change**

#### You will need:

- The Super Veg PowerPoint, available from [caid.org.uk/harvest](http://caid.org.uk/harvest)
- Cards with different types of fruit and vegetables written on them (if you are not using the PowerPoint)
- Two volunteers

#### Presentation

- **[Show slide 1]** If you are using this talk as part of a Harvest Festival service, you may wish to begin by commenting on your Harvest display or inviting people to bring Harvest contributions to the front of the church, if that's part of your church tradition.
- Explain that the tradition of celebrating Harvest in an annual service like this dates back to the 1800s, when a vicar in Cornwall invited his parishioners to a service of thanksgiving for their harvest. In fact, thanking God for food and the Harvest can be seen throughout the Bible.
- Even if we don't live in an area where food is grown, we still use this time as an opportunity to think about where our food comes from, and to thank God for the wide variety that we can enjoy. We also use it as a time to think of people who are in need and share what we can with them. (Here, you could explain what will happen to any food or offering donations in your church.)
- Comment on how some of our supermarkets now stock a huge variety of fruit and vegetables.
- **[Show slide 2]** Ask for two volunteers to come and help you with a quick-fire round of 'Guess the Veg!'
- One of the volunteers will become the 'guesser' and should stand with their back to any screens showing

the PowerPoint. The other volunteer will be the 'describer'. They will be shown a picture from the PowerPoint **[slides 3 to 13]** or a card with a fruit or vegetable on it, which they then have to describe to the other volunteer without using the actual name. They should go through them as quickly as possible. They can describe the colour and shape, what it's used for, or name a dish that it's an ingredient of – anything to help the guesser without saying the word. The describer can pass on any they don't know and, if they accidentally say the name, they should move on to the next item. See how many they get right within a set time.

- Congratulate your volunteers and give them a piece of fruit as a prize. Ask them to return to their seat.
- We all know eating fruit and vegetables as part of our diet is really important to keep healthy. But ask the congregation if they realise that vegetables can also help people find a safe place to live and can stand up to injustice.
- **[Show slide 14]** Introduce the congregation to Mathi.
- Mathi is six years old. He lives with his mum, Kasthuri, on a farm in Tamil Nadu, in Southern India. **[Show slide 15]** Kasthuri works hard growing organic fruit and vegetables. Explain that 'organic' means that they are grown in natural ways, without using any chemicals.
- A year or so ago, Mathi and his mum came to live on the farm because they needed somewhere safe to live after Mathi's dad left. With a bit of help from an organisation called ADISIL and Christian Aid, Kasthuri has learned how to grow the vegetables and how to sell them at a good price. Working with a group of four other women on the farm, these Superhero Veg have helped Kasthuri earn money and are making Mathi grow strong too!
- **[Show slide 16]** Kasthuri and her friends are all from the Dalit community, who are a group of people often looked down on and treated unfairly by others. So, as well as an income, running the farming business has given the women independence and respect.

- [Show slide 17] Kasthuri says, 'Alone as a woman, I couldn't do this... so we, five women, decided to come together. We all feel that we should be cooperative and show solidarity because we cannot do it alone. If one of us is sick and cannot work, the others compensate – we work as a team, in solidarity.'
- [Show slide 18] They want to provide good, healthy, organic produce to the community. Many people come asking for their vegetables and herbs. They have decided to give them vegetables at a low price so that they will have more customers. Kasthuri starts work at 8am – the women have been trained how to prepare the soil, make organic inputs and fertilisers using natural ingredients, sow seeds and propagate new plants. They decided to grow a mixture of vegetables, grains and flowers together.
- People make fun of them for using natural techniques. But when they taste the vegetables, they realise how much better they are! That creates a demand. 'People will say, "it is better to go to the farm itself and buy it fresh", 'Kasthuri explains.
- [Show slide 19] 'I have no words to explain how happy I am to be here with my son. When we are working the fields, he imitates what we are doing. Everything he observes, he repeats!'
- The farm is the only home that Mathi has ever properly known. He says: 'I like the goat and I'm fond of the cow too... although it butts me! And I like our home. I love my mum.'
- [Show slide 20] As we thank God today for our harvest and the food we enjoy, let's also pray for Mathi and Kasthuri, for their harvest, and for the work of ADISIL and Christian Aid. Let's also ask God to show us how to act when others are treated unfairly.
- Conclude with a prayer.

## Group activity ideas

### Fruit salad game

Sitting in a circle, give each child the name of a fruit or vegetable. When you call out a fruit or vegetable, the person with that name should get up and find somewhere else to sit in the circle. Then call out two types of fruit and vegetables at the same time. If you shout 'Fruit Salad!' then everyone should find a new place to sit! This game works great under a parachute.

### Bible activity

Explain to the group that there are lots of stories and verses about fruit, vegetables and farming in the Bible. Ask the children if they can tell you any they know. Explain that, in Bible times, many people would have been farmers or grown their own food – so it helped people to understand about God if it was described to them in farming terms.

Read a child-friendly version of Galatians 5:22 together. Talk to the group about this verse. Why do they think these qualities are described as 'fruits'? What do they understand 'fruits of the Holy Spirit' to be? Which of these fruits would they like to show more of? Create a group list of ways they could show more of these characteristics in school, at home and even to others around the world.

### Make a prayer patch

Use our fruit and vegetable templates (see below) to colour and cut out. Write prayers of thanks for Harvest, Mathi, Kasthuri and Christian Aid. Then stick the prayer on lolly sticks and 'plant' in a tray of soil to create your own prayer allotment.

### Veg bugs

Use a selection of fruit and vegetables to create yummy creatures to eat. Search online for ideas.

### Working together

Work together, like the women at the farm. Make fruit kebabs or smoothies to serve to your congregation to raise funds for the work of Christian Aid.

# Vegetable Prayer Patch templates

- Colour and cut out these fruit and vegetable shapes.
- Write prayers on your shape.
- Stick lolly sticks on them and place them in a tray of soil to create your very own Vegetable Prayer Patch!

