

# Thriving with the Seasons- Feb 2026 – Information before the launch in March 2026

Laying the Foundations



You can use this workbook alongside the Growing Thursdays sessions, to track what you're doing week by week.

If you cannot make the session dates, you can still follow along at home and use these pages to guide your next steps in your own time.

This isn't about perfection. It's about building a growing year that feels steady, realistic, and doable.

1) Where am I starting from?

Tick what feels true right now (more than one is fine):

- A. First steps:  I'm new to growing food  I don't know what's worth growing  I want something simple that works
- B. Finding my feet:  I've tried a few things before  Some worked, some didn't  I want a clearer plan this year
- C. I grow a bit already:  I grow something most years  I'd like better timing  I want healthier soil and plants
- D. I harvest well:  I usually get a decent yield  I sometimes get too much of one thing  I want to waste less
- E. Growing is resilience:  Growing helps feed my household  I care about seasonal living  I want deeper skills

My starting point (a sentence): \_\_\_\_\_

2) What matters to me this year?

Pick up to three priorities:

- Save money on food
- Eat more fresh, seasonal meals

- Improve wellbeing through routine and nature-connection
- Learn a new skill (sowing, composting, seed saving, preserving)
- Grow something I'm proud of (even if it's small)
- Grow with my kids / family / neighbours
- Support wildlife and pollinators
- Other: \_\_\_\_\_

My top 3 priorities: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

3) What do we actually eat?

List 8–12 foods you buy most weeks (veg, herbs, salad bits). Grow what you'll use.

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If I could grow only one thing and feel chuffed, it would be: \_\_\_\_\_

4) What space have I got?

- Windowsill  Doorstep / front step  Yard / patio  Balcony
- Small patch of ground  Raised beds  Allotment  Community growing space
- Other: \_\_\_\_\_

Sun (roughly):  Morning  Midday  Afternoon/evening  Mostly shade

Quick sketch / notes: (where could pots go, what's sheltered, what's easy to access?)

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5) Choose your 'small wins' crops

From your food list choose: 3 Core Crops (realistic), 2 Bonus Crops (nice extras), and 1 Learning Crop (just curiosity).

3 Core Crops: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

2 Bonus Crops: 1) \_\_\_\_\_ 2) \_\_\_\_\_

1 Learning Crop: \_\_\_\_\_

6) Match crops to your space

Crop	Where will it grow? (pot/bed/ground)	Start method (seed/plug/tuber)	Rough season (spring/summer/autumn)

7) Foundations checklist

- I picked my core crops
- I know where they'll grow
- I've checked what containers I already have
- I've got compost (or I know where I'll get it)
- I've made space for one small growing area
- I've chosen one thing to learn this year (not ten)

One tiny action I can do this week (15 minutes max): \_\_\_\_\_

8) Closing reflection

One thing I'm looking forward to: \_\_\_\_\_

One thing I'm letting go of (pressure, comparison, perfection): \_\_\_\_\_

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