

## Grow your own Lunch



No air miles  
No pesticides  
Tastes better

## Grow Organic - Why?

Produces the most nutritious food  
Is helpful to water, soil, wildlife and people  
Can be cheaper to maintain  
Combat climate change in your garden  
Teaches you about nature

# Grow Your Own

## Stimulate the Senses

Plants give us pleasure and can bring healing through our five senses, alongside boosting our memories and moods.

Sight—the power of colour in the garden

Smell—the release of scent as you walk past

Sound—the rustling of leaves

Touch—the feeling of a soft, velvet leaf

Taste— fresh picked herbs, fruit and vegetables

## Grow for your own Wellness

Spending time in the garden is now proven to boost wellbeing.

An added benefit is that many plants we can grow are part of nature's pharmacy too.

