



Be Empowered Farm Futures

Herb farm



Jekka's herb farm was a really interesting day out. It sparked ideas and broadened our knowledge. We bought new herbs: yarrow, pineapple mint, chocolate mint and pineapple sage. Which we are very excited to watch grow, and now we have the knowledge - take cuttings from for future.

What we've been up to

We have been working alongside North Bristol Advice Centre to assist people in form filling. Most of our team have DWP backgrounds so it's great to be able to offer our advanced knowledge to individuals that need our help.

The planters in Cadbury Heath are built, filled with flowers and have been proudly presented outside the front of JUICE. We're proud to be involved in giving to the community using our very own flowers grown by co-workers.

Lemon balm

This month, we started growing lemon balm for the first time. Again, it's a new

herb for us to trial and another exciting new experiment. In researching lemon balm; we have found lots of amazing properties that it holds. Once the plant is established, there are various uses for lemon balm. For example - drinking lemon balm tea every day is said to reduce anxiety profoundly as well as aiding insomnia. You can also rub the lemon balm leaves on your skin to act as an insect repellent.



In a polytunnel



Things to sow:

Broccoli, cabbage, carrots, cauliflower, chard, coriander, courgettes, cucumber, French beans, fennel, kohlrabi, lettuce, melon, watermelon, radishes, rocket, spinach, spring onions, strawberries.



Things to harvest:

Broad beans, broccoli, cabbage, carrot, cauliflower, celeriac, celery, chard, coriander, kohlrabi, lettuce, peas, radishes, rocket, spinach, spring onions, strawberries, turnips.

7th April

WORLD HEALTH DAY

"Happiness is the highest form of health."

19th April

GARLIC DAY