



# Be Empowered Farm Futures

## Exciting new things

Why not come along and join our Celebrating Success event at Page Park, Staple Hill on Thursday 5th September 2019. We would love to share with you our journey so far and what we are working towards for the next chapter of our story. We are keen for individuals to share their own personal success and achievements with us in a afternoon of celebration. Refreshments and a buffet will be available. There will be a sample of our herbs for you to taste and buy, with information about all of their benefits.

It has been a very busy August for us, including growing and selling all of our lovely produce. Our volunteers have been doing a fantastic job selling our wares on the new stall, which has been set up outside of the Beantree cafe in Page Park. If you want to come and have a look or make a purchase, we are there Wednesday mornings and Thursdays.



## Qualifications

Two of our team have been advised that they have passed the first two exams in BSL (British Sign Language) and now they are just waiting on the 3rd and final result, keeping everything crossed for them.



### In a polytunnel



#### Things to sow:

Beetroot, Broccoli, Cabbage, Carrots, Cauliflower, Coriander, Daikon, Kohlrabi, Lettuce, Onions, Pak Choi, Peas, Radishes, Rocket, Spring Onions, Strawberries, Sweet Potatoes, Turnips.



#### Things to harvest:

Aubergines, Cabbage, Carrot, Cauliflower, Celery, Chard, Coriander, Courgettes, Cucumber, Daikon, French Beans, Fennel, Kohlrabi, Lettuce, Melon, Watermelon, Peppers, Radishes, Rocket, Spinach, Spring Onions,

16th August

INTERNATONAL

Tell a joke day

*"whats brown and sticky?"*

*A brown stick.*

# August holiday club



We are so pleased that our first time running a holiday club as part of the South Glos Fit and Fed scheme has gone fantastically well. The children really enjoyed themselves, getting involved in all of the activities ranging from tie dyeing tea-towels to a more relaxing activity of making gods eyes. They were very keen and always asking what we would be doing the following week. An extra bonus, which they loved was that they got to take whatever they made home with them.

Tie-dye tea-towels



Making bird feeders



Making a God's-Eye



A **God's eye** (in Spanish, Ojo de Dios) is a spiritual and votive object made by weaving a design out of yarn upon a wooden cross. Often several colors are used. They are commonly found in Mexican and Mexican American communities, among both Indigenous and Catholic peoples.