

Be Empowered Farm Futures

Scarecrows

In the past two weeks we have been working on making a range of different sized scarecrows for our Grow Forever Community Orchard (GFCO). Our members really enjoyed participating in this activity and watching them come to life. We now have 4 scarecrows, all have names and are wearing GFCO uniform!

Pebbles

Another great therapeutic activity we have been undertaking is decorating pebbles. First, we spray the pebble with a primer and then members can choose their own colours and designs to decorate their personal pebble! We want to encourage creativity and decision making and very importantly a sense of achievement. Once completed, members will choose an area of the orchard to place their pebble, this will then become 'their zone'.

Eggshells

We have also recently discovered that if we start seeds in egg shells, we can plant them directly into the garden when ready. The shells are biodegradable and will provide the soil with calcium and nutrients. They also protect against some insects and garden pests. AMAZING! When members completed the egg shell activity, some fed-back it was a very therapeutic task and helped with mindfulness.

In a polytunnel



Things to sow:

Aubergines, broad beans, cabbage, carrots, cauliflower, celeriac, celery, chard, coriander, garlic, kohlrabi, lettuce, peas, peppers, potatoes, radishes, rocket, spinach, spring onions, strawberries, sweet potatoes, tomatoes, turnips.



Things to harvest:

Beetroot, cabbage, carrot, cauliflower, celeriac, celery, chard, coriander, daikon, kohlrabi, lettuce, pak choi, radishes, rocket, spinach, spring onions, turnips.



17th February

RANDOM ACTS OF KINDNESS DAY

"Kindness can make a bad day good, and a good day better."

27th February

The **Grow Forever Community Orchard** is open to anybody that would like to come along and participate in gardening activities and help us to develop the growing spaces. Why don't you join us and get 'your hands dirty'? We always love to see new faces and welcome new ideas and thoughts.

Remember: Tuesdays through to Thursdays 10-12pm at

Kingsmeadow@Made4Ever, Fisher Road, Kingswood, Bristol, BS15 4RQ.

RHS 10 Top Jobs for the Garden - February

- Prepare vegetable seed beds, and sow some vegetables under cover
- Chit potato tubers
- Protect blossom on apricots, nectarines and peaches
- Net fruit and vegetable crops to keep the birds off
- Prune winter-flowering shrubs that have finished flowering
- Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
- Prune Wisteria
- Prune hardy evergreen hedges and renovate overgrown deciduous hedges
- Prune conservatory climbers such as bougainvillea
- Cut back deciduous grasses left uncut over the winter, remove dead grass from evergreen grasses