## Be Empowered Farm Futures

## 'Hands in the dirt, heart with nature'

Grow Forever Community Orchard - This week we have made great progress with the new gardening club, which commenced on January 15th. We have started planting various seeds ready to be grown on in the polytunnel. We have organised all of our seeds into monthly sowings, so that we can can plan and prepare for the coming months. The Gardening club already has a handful of members and we hope to gain some new faces each week. The gardening club is free to join, all we ask is a 50p contribution for a supply of hot/cold drinks all day. We welcome new ideas and thoughts and pride ourselves on a welcoming inclusive environment:

In case you've forgotten.. Tuesdays to Thursdays 10-12pm at Kingsmeadow@Made4Ever, Fisher Road, Kingswood, Bristol, BS15 4RO.

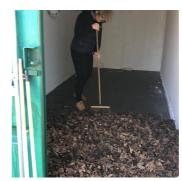
## Seeds we've sown

This week we have already sown 600 seeds to start the process of growing and harvesting our own food, herbs and flowers. We've sown; Tomatoes, Geraniums and Begonias, these are all plants that we expect to grow a high quantity of. Our produce will be on sale from late spring on into the Summertime for anyone to purchase.

"If you truly love nature, you will find beauty everywhere."

"A garden is a friend you can visit anytime."





## <u>In a polytunnel</u>



Things to sow: Coriander, broad beans, peas, spinach.



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