

## Be Empowered Farm Futures



10th June

HERBS AND SPICES DAY

NATIONAL GARDENING WEEK

"To plant a garden is to believe in tomorrow." Just a few images

from our gardening club running at Staple Hill. Come along and join the fun! We have an adults club on Tuesdays and Wednesdays 10.30 until 12 and a kids club that runs on Thursdays after school 3.30-4.30. We have done a range of activities from sowing a seed, repotting, taking cuttings and plant pressing.

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



Things to sow:
Cabbage, carrots,
cauliflower, coriander,
daikon, fennel,
kohlrabi, lettuce, pack
choi, radishes, rocket,
spring onions.



Things to harvest:
Aubergines, broad
beans, broccoli
cabbage, carrot,
cauliflower, celery,
chard, coriander,
courgettes,
cucumbers, daikon,
Fresh beans, garlic,
kohlrabi, lettuce,
onions, pak choi,
radishes, rocket,
spinach, spring
onions, strawberries,
tomatoes.