



Be Empowered Farm Futures

Exciting new things

We have been very busy preparing a range activities for a new gardening club for children at Page Park, which will be running on a Wednesday afternoon throughout the summer holidays. It is part of South Gloucestershire Councils 'Fit and Fed' Scheme. We will be offering a range of fun and educational, gardening and craft based activities - with a strong focus on recycling. We are really looking forward to working closely with the team at Fit and Fed and of course hope to see lots of children taking part in the activities on offer. We will post an update in our August edition....

Good News story

We are thrilled that one of the young men who we have supported with setting up their own business, is flourishing. He has been working incredibly hard and has just sold his very first car - extremely rewarding for him and for us as his coaches. We are very proud of his achievements and wish him continued success for the future.

Qualifications

30th JULY

INTERNATIONAL
DAY OF FRIENDSHIP

*"If you live to be 100, I
hope to live to be 100
- 1 day, so I never have
to live without you"
- Winnie the Pooh*

Wishing the very best of luck to two of our coaches who will be sitting their first exams for level 1 in British Sign Language (BSL), we will be sure to let you know as soon as they find out their results.



In a polytunnel



Things to sow:

Beetroot, cabbage, carrots, cauliflower, coriander, daikon, fennel, kohlrabi, lettuce, onions, pak choi, radishes, rocket, spring onions, strawberries, turnips.

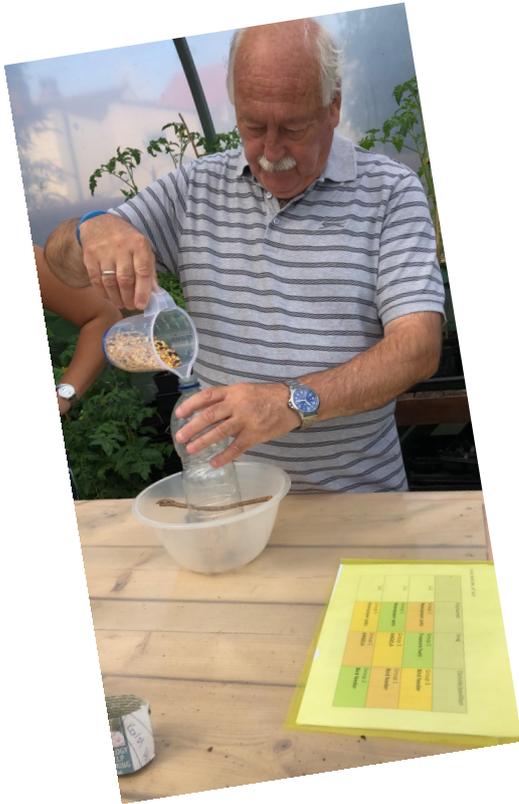
Things to harvest:

Aubergines, broccoli



cabbage, carrot, cauliflower, celery, chard, coriander, courgettes, cucumber, daikon, French Beans, fennel, garlic, kohlrabi, lettuce, onions, pak choi, peppers, radishes, rocket, spinach, spring onions, strawberries, sweetcorn, tomatoes.

A couple of pictures of one of our volunteers making a bird feeder during one of our busy gardening sessions in July, he couldn't wait to take it home and put it out for the birds. Great work



Top 6 jobs this month

Water tubs and new plants if dry, but be water-wise. **Water at dusk to reduce evaporation** and use mulch to retain moisture around plants.

Pick courgettes before they become marrows

Harvest apricots, peaches and nectarines

Cut lavender for drying, choosing newly opened flowers for the best fragrance, then hang up in a cool, dark place

Pinch out tomato side shoots each week. Cut off any leaves growing below the lowest ripening fruit trusses to improve air circulation and prevent diseases.

Pick your courgettes while they're young. Regular picking encourages more fruit