



# Be Empowered Farm Futures

## Natter in the nest

We now have our new event running on Thursday afternoons 'Natter in The Nest', 12-2pm. This is an opportunity to come along and have a tea, coffee, sandwich and meet new people. We also incorporate some craft activities which is a great way to express your inner creativity. Come along! So far we have paper-mached balloons, building up the layers. The idea is that we are going to create a bowl for some of our plant pots to sit inside. Once dry and layered up, we will be painting them with a halloween theme. We can't wait to see what artistic interesting ideas our co-growers come up with!

## Plant sales

After all the hard work our co-growers have put in over the summer to sow, plant and maintain our beautiful herbs and flowers, we have successfully managed to sell a large amount. We attended a handful of events over the past few months, gaining great contacts and sharing our knowledge with others too. We sold lots of our popular flowers including Busy Lizzies, Begonias, Petunias, Marigolds, Dahlias and Lobelia. Not only that, but lots of herbs too - Oregano, Thyme, Parsley, Basil, and a wide range of mints (our exciting new speciality).

## This months activities

21st September

INTERNATIONAL  
PEACE DAY

*"Peace begins with a smile."*

This month we have started our herb cuttings! We successfully took cuttings from Rosemary, Curry plant, Sage, Thyme and Mint - both with our adult and childrens clubs! We will continue to look after these cuttings alongside our co-growers until they become established. We also took part in sowing a green manure bed at Page Park. We also sowed Vetch, Italian Rye grass, Red Clover and Mustard seeds, from this we learned that this will bring lots of wildlife and feed the ground with nitrogen.

## In a polytunnel



### Things to sow:

Sprouting broccoli, cabbage, cauliflower, coriander, daikon, kohlrabi, lettuce, peas, radish, rocket, spring onions, strawberries.



### Things to harvest:

Aubergine, cabbage, carrot, cauliflower, celeriac, celery, chard, coriander, courgette, cucumber, daikon, dwarf French and French beans, fennel, kohlrabi, lettuce, melon and watermelon, pak choi, pepper, radish, rocket, spinach, spring onions, strawberries, sweet potatoes, tomato.