



# Empowering Futures

Registered Charity: Be Empowered Farm Futures

## We are very happy to be back !

Well, it was not the 2020 we had planned or hoped for, the magnitude of Coronavirus has certainly had an impact in one way or another on all of us. We have been very lucky, we have kept ourselves safe and free from Coronavirus and have been looking at innovative ways to plan and move forward. Our volunteers have not been with us for 6 months and we missed seeing them very much, however because we work outdoors there has been a gradual return in small numbers. We have systems in place to ensure hand-washing, space and wearing face masks are adhered to.

Just one of the things we managed to do during the lockdown over the summer period, was to put lots of plants and herbs on sale via Facebook. These plants had been cared for and grown by our volunteers and we had very positive feedback on the quality of them and the delivery service we offered



30th September

National hot mulled  
cider day or National  
chewing gum day!

## Leafmould

Leafmould is formed from decaying leaves and produces an invaluable soil conditioner. The best quality leafmould is produced from the leaves of oak, beech or hornbeam.

### In a polytunnel



#### **Things to sow:**

Broccoli, Cabbage,  
Cauliflower,  
Coriander, Daikon,  
Kohlrabi, Lettuce,  
Peas, Potatoes,  
Radishes, Rocket,  
Spring Onions,  
Strawberries.

#### **Things to harvest:**

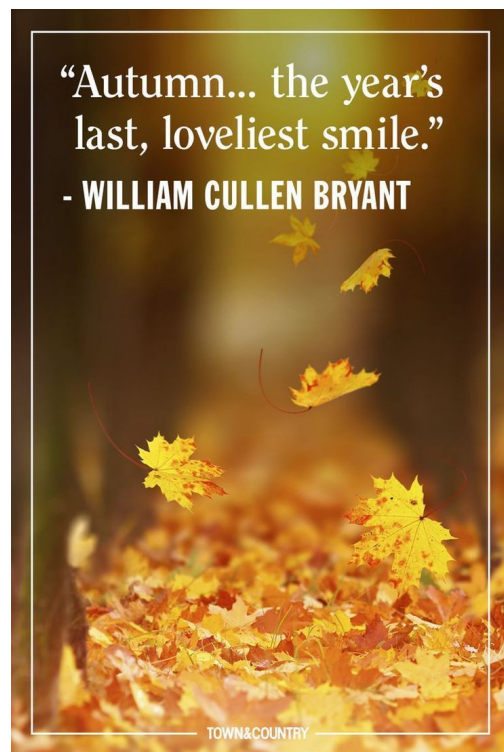
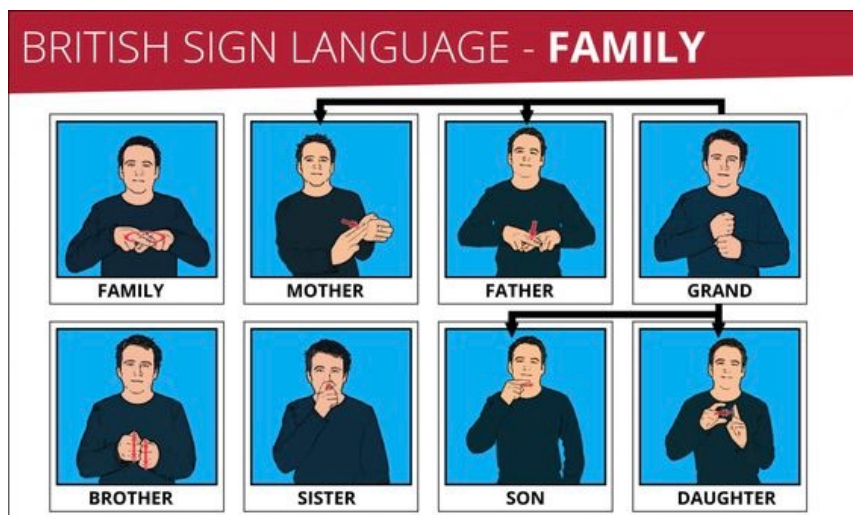
Aubergines,  
Cabbage, Carrot,



Cauliflower, Celeriac,  
Celery, Chard,  
Coriander,  
Courgettes,  
Cucumber, Daikon,  
French Beans, Fennel,  
Kohlrabi, Lettuce,  
Melon, Watermelon,  
Pad choi, Peppers,  
Radishes, Rocket,  
Spinach, Spring  
Onions, Strawberries,  
Sweetcorn, Sweet  
Potatoes, Tomatoes.

# Qualifications

You may remember that two of our team passed their exams in BSL (British Sign Language) and one of them is hoping to complete Level 2, however this was postponed for now due to Coronavirus. So for now we will settle with signs of the month, the first one being family.



*Check out our website and Facebook site, we often have plants for sale - all proceeds go directly into the charity funds, enabling us to continue working with and supporting those most disadvantaged in society*

*Thank you for your support*

