



HYNDBURN'S COMMUNITY-OWNED
ENVIRONMENTAL CHARITY



INTRODUCTION

GROWING TOGETHER 2021 aims to provide a vegetable seed growing pack to people living in Hyndburn. The pack contains; seeds, compost, plant pots, seed trays and an instruction booklet. You can make your way through the booklet planting each project in turn or if you have experience of vegetable gardening go at your own pace. Information is provided about recycling, compost and further information about the work that The PROSPECTS Foundation does in Hyndburn. If you have comments, queries and feedback for us please get in touch. Hearing back from you is important for us to get further funding and shape projects for the future!

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WINDOWSILL GROWING

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'Here is a simple project to get us started
with Growing Together'

You will need: Compost
Seeds; Mint, Mixed Salad Leaves, Salad Onions and Radish
Growing tray OR recycled container (a mushroom tray with
holes poked in the bottom for example)

Water from the cold tap
Sticky labels/lollipop sticks
Pen/pencil

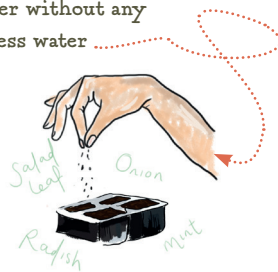
A warm windowsill
Plate/container to catch any water run off



Step 1. Add enough compost to the seed
tray or recycled container so that it is
nearly full. Add water to the compost until
it runs out of the bottom of the tray.
Place inside another container without any
holes to catch any excess water

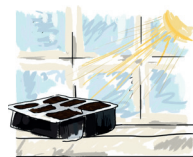


Step 2. Sprinkle a pinch of mint
seeds, mixed salad leaf seeds,
salad onion seeds and radish seeds
into each part of the tray and
lightly cover with dry compost



Step 3. Write on a label
which one is which so
you know what you have
planted where

Step 4. Put on the windowsill in
sunlight. When the compost is dry,
add some water; not too much though as
you don't want to drown your seeds



Step 5. After
7-14 days you
should see your
seeds growing



Mint



Salad Onion



Salad leaves



Radish

Step 6. You can eat your
vegetables and herbs once they
start to look like this: why not
add them to a salad, sandwich
or omelette?

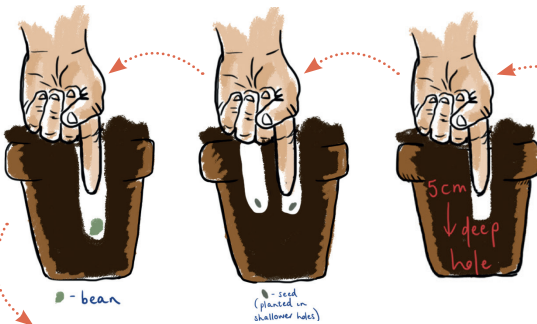
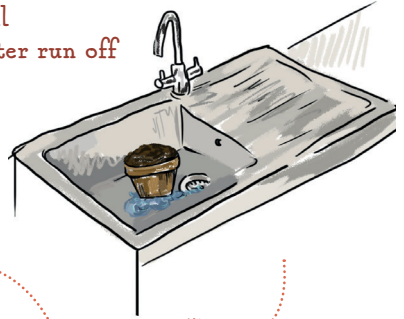


GROWING IN A POT

'With this project we can grow bigger plants that flower and give us something to eat'

You will need: compost
plastic pot or recycled container (for example
a large yoghurt pot with holes poked in the bottom)
seeds: Beans, Peas, Tomato, Sunflower
water from the cold tap
sticky labels/lollipop sticks
pen/pencil
a warm windowsill
a container to catch the water run off

Step 1. Add enough compost to the pot or container until it is nearly full. Pour water on the compost until it runs out of the bottom



Step 2. Poke 2 holes 5cm deep in the wet compost and 5cm apart from each other.

Add a bean or pea into each hole. For tomatoes and sunflower seeds poke a hole 2cm deep and place in a seed

Step 3. Cover the holes with a pinch of dry compost. Label what you have planted (you can write on your recycled container)

Step 4. Put the pots on a window sill, the beans and peas should sprout 10-14 days later and the tomatoes/sunflowers 7-14 days later. Water when you put your finger in the compost up to the first knuckle and it is dry

Step 6. Your bean/pea plant will (Hopefully) produce a pod from the flower 18 to 21 days later. You can use these to cook with. Your tomatoes will form a fruit around 60 days after you planted your seed



Step 5. Your bean/pea sprout will keep growing, and it will (Hopefully) produce a flower after 10 weeks. For tomatoes around 20 days and sunflowers should bloom after 60 days

Remember to wash your hands after gardening!



GROWING OUTSIDE

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‘Take what you’ve learnt from ‘Growing Salad and Growing in a Pot’ to Grow Together at your school, in your garden, allotment, community garden or with your neighbours”

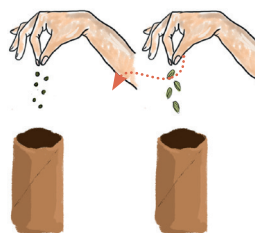
You will need: recycled containers; cardboard tubes, small yoghurt pots, egg cartons, compost. Seeds: Leeks, Cabbage, Cauliflower, Kale, Courgette, Squash and Sunflower. water from the cold tap. labels: sticky labels/lollipop sticks. pen/pencil. Something to grow your vegetables on/in; compost grow bag, planter, Allotment Plot

Step 1. Fill your clean recycled containers with compost and put in a larger container and add water until the compost is wet through



Step 2. Sprinkle a pinch of leek, cabbage, kale and cauliflower seeds in each small container and cover with compost. Put a courgette, squash, sunflower seed laid on their side in a hole 1.5cm deep in each small container (like you did when Growing in a Pot). Cover with dry compost and wet with water. Label which seeds are where

Step 3. Put your containers on your windowsill, in a greenhouse or polytunnel to sprout. After 21 days you should see your seeds sprouting. ‘Prick out’ some seedlings so the containers aren’t crowded (you can eat these sprouts in a stir fry)



Step 4. Once your leeks, cabbage and kale have all got strong, long and green leaves ‘plant on’ into larger containers filled with compost or into the ground. When your courgette, squash and sunflowers have large hairy leaves plant them into a grow bag, planter or allotment plot. Roll the seedlings between your hands to loosen them from their container and gently tip out into your hand (do this when the compost is neither too wet nor too dry)



Step 5. Regularly water your plants and remove any weeds. Leeks, cabbage and kale will be ready in Autumn and Winter. Your squash, courgettes and sunflowers will produce flowers and then (hopefully) form vegetables and seeds



Step 6. Well done! We’ve all been Growing Together! Hopefully you’ve had lots tasty vegetables and herbs to eat, learnt about growing and found green spaces near where you live to keep on Growing Together

GROWING DIARY

'Draw some pictures of your sunflower as it grows or write a diary of the plants you've grown'







RECYCLING CONTAINERS

'You can use all sorts of containers to grow your food in. Make sure they are clean and that you have put holes in the bottom for drainage'

You can use:



Yoghurt pots
for seeds



Milk cartons
for herbs



Tetrapaks
for herbs



Egg cartons
for peas



Bags For Life
for potatoes



Wellington boots
for flowers



Egg shells
for cress

Once you've used your plastic containers, wash them out and put them in your recycling.

Cardboard containers can be composted at home or on your allotment heap.



Cardboard tubes
for carrots

COMPOST



‘Compost is important; it’s the starting point of growing herbs and vegetables’

As part of your pack you have received peat free compost. This compost comes from coconut husks, it is known as ‘Cair’.

Coconut coir is more environmentally friendly than peat, which destroys precious habitat and is non-sustainable. Peat bogs store carbon from the atmosphere and absorb water preventing flooding.

The compost has added perlite and vermiculite which allows air into the roots of your plants; it also has minerals and keeps water in the compost.

Your compost is certified organic which means it doesn’t have herbicides (weedkiller) or pesticides (bug killer) added to it.



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WINDOW SILL SALAD

Ingredients - mint, salad leaves, salad onion,
radish, olive oil, vinegar

1. Pick mint leaves from the plant, rip salad leaves from the tray, pick onions and radishes whole
2. Cut off onion and radish tops and compost
3. Wash the vegetables and mint
4. Chop up vegetables, add to a bowl and cover in vinegar and oil
5. Serve and enjoy



PILAU RICE

Ingredients - peas, beans, tomatoes, salad onions/leeks,
cooked rice, light olive oil
Frying pan, chopping board, knife, spoon/spatula

1. Pick and wash vegetables
2. Chop tomatoes and onions/leeks
3. Heat a tablespoon of oil in a pan and fry tomatoes and onion/leeks in oil until soft
4. Add peas and beans to the frying pan and stir
5. Add rice and stir through until piping hot
6. Serve and enjoy



VEGETABLE SOUP

Ingredients - leeks, courgette, squash, cabbage, kale,
cauliflower, light olive oil, vegetable stock cube
Large pan, knife, chopping board, wooden spoon/spatula

1. Pick and wash vegetables
2. Cut vegetables into thumb sized pieces
3. Heat two tablespoons of light olive oil in a heavy saucepan
4. Fry leeks in the pan until soft
5. Add the rest of the vegetables to the pan and stir until they start to brown
6. Boil 1.5 litres of water in a kettle
7. Crumble the stock cube into the pan and stir
8. Add 1.5 litres of boiling water into the pan
9. Turn the heat down until small bubbles appear [simmering]
10. Cook the soup until all the vegetables are soft
11. Serve and enjoy



GROWING ONWARDS



Find out more about Food Growing activities in your area from
The PROSPECTS Foundation

Visit www.prospectsfoundation.org.uk

Facebook: ProspectsFoundation

Twitter: @Prospects1998

Instagram: prospectsfoundation

Youtube: Prospects Foundation

Prospects Projects:

Outdoor Learning: 'learn conservation skills and how
you can make a difference to climate change
whilst making new friends'

Hyndburn Woodlands: 'practical environmental conservation
training, activities in woodland management and traditional
woodland skills'

Green Mentoring: 'Inspiring young people to make a difference
to the environment and their community'

Rewilding: 'Practical environmental conservation and
horticulture in the community'

Illustrations by Olivia Lee @ogldesigns



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“Thanks to our generous funders for
making this project possible!”

