

Simple activities

Choosing suitable growing activities and passing on safe and effective growing techniques are key to help a growing activity run smoothly and ensuring people come away inspired with more confidence, skills and knowledge. It is helpful to have a range of simple growing activities to hand to get you started with groups, which require no prior growing experience.

Here are some simple tips:

- There is no need to buy fancy pots and containers – get creative and reuse what you've got, such as mushroom trays or wellie boots!
 - Make your own paper pots and plastic bottle greenhouses.
 - Consider starting with crops that are easier to grow, such as peas, spinach and courgettes.
 - Consider splitting herbs to make them go further amongst community members or for the community herb garden.
 - Plan your growing with seasonality in mind, so that produce is ready to use for your Get Together events.
- Resources to further support this learning including Strawberry Wellies and Bee Friendly Herbs can be found on our website : www.fflgettogether.org and on Garden Organic's website: www.gardenorganic.org.uk/schools These include: top tips; weeks to harvest; risk assessment; seed sowing glossary; how to take cuttings; seasonal activities; ideas for distancing growing activities.

The key to Get Growing success is planning, preparation, organisation, inspiration and allowing for flexibility and fun.

foodforlife.org.uk/gettogether

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