

National Allotments Week 2023

National Allotments Week helps to raise awareness of the benefits of gardening for individuals, communities and for the wider planet.

1.



Location location location

Allotments have become really popular again recently, but don't worry if you don't have one of your own. You can make some space in your back garden or build some raised beds where you can start growing!

We know how important outdoor space is when it comes to learning, playing and growing. That's why we're sharing some tips this week to help you make the most of your outdoor space and how you can "grow your own".

No garden no problem

2.

Even if your garden space is small, lots of fruits and vegetables can also be grown in containers on a patio, balcony or windowsill. A lot of herbs can also be kept in really small containers!



3.

Have a plan

Most fruits and vegetables have a time of year that is best for seeding, growing and harvesting which affects when you plant them. You can find information on when to best plant and harvest fruits and vegetables on the back of seed packets or online.



No need to complicate things

4.

Try and choose crops that are easy to grow, are ready to harvest quickly and are at less risk from pests and diseases. These are crops like courgettes, beans, strawberries, tomatoes, chillies and potatoes.

5.

Feed your soil

If you're using compost add a generous layer to the soil before planting. You might be able to create your own compost by collecting grass trimmings and food peelings in a compost bin and using it to feed your plants when it's ready.

Plants like water too



Plants also need water to survive and thrive, although some needs less than others so keep an eye on them for signs of dehydration or over-watering.

6.

Give plants a duvet

7.

Some fruits and vegetables can suffer in frosty weather, so it can be a good idea to give them some cover in the cold months. Some polythene or even a used plastic bag will help protect them!

Ready steady eat!

8.

A lot of the fruit and veg we buy at the supermarket has travelled a long way, often flown in by plane which has a huge impact on the environment. The food you grow will be fresh and in season with no carbon footprint!

