

VACANT LOT



GARDENING CLUB STARTER PACK

A practical guide to getting your Community Gardening Club off the ground.



www.what-if.info





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HOW TO USE THIS GUIDE

This starter pack is a collection of tried and tested resources that were used throughout the Vacant Lot programme, creating food growing gardens across London, supporting communities to work together to develop sustainable and positive change in their neighbourhoods. The purpose of this guide is to give you the information, practical tools and inspiration to set up your own Vacant Lot style community garden.

Some of the resources in this pack can be photocopied, personalised and laminated to be used on garden notice boards and others will help you to organise and run your own workshops.



ROLE OF LEAD PLOT HOLDER

This pack can be used either by following the pack session by session or just as guidance to inspire you to make up your own gardening club sessions. It is of course up to you and your group as to how you develop the role of lead plot holder but you may want to consider the following:

→ **It's a club, you aren't providing a service.**

→ **You're offering a planned time to come together to share knowledge.**

→ **Publicising your club sessions;**

- Are the posters enough? Do you have a chalk board you could write the next session on?
- Can someone in the garden group text a reminder about each club session to all plot holders?

→ **Keeping yourself safe;**

- If there is conflict, ensure you have a mobile phone to call for help and make sure you know the address of the garden in the event that you need to call the emergency services.
- Working with children, it is important families do not leave their children unattended with you. You are not a crèche service. Consider, how can you let people know this?

→ **Keeping the group safe;**

- Unless your garden group has public liability insurance, plot holders participate at their own risk. Consider, how can you let people know this?
- Promote safe use of tools and active helping to store tools safely when not in use.
- First Aid. You may not be a qualified first aider, therefore it is not your role to provide this, however make sure you know the address of the garden in the event that you need to call the emergency services.

→ **Motivation;**

- Clubs can take time to get going so don't get down if only a few turn up, stick to your guns, but discuss what would encourage people to come to the club?.

→ **Asking people to help pack away when the session ends.**

→ **The impact you are making;**

- Just having a go at self running your garden club is a huge step to ensuring the garden can be secure as a community resource. It's encouraging the landowner to take your garden group and urban food growing seriously.
- You're making a positive contribution to your local community and sharing life skills that can be passed down the generations as well as promoting community cohesion.
- Your efforts and energy will be appreciated and the Vacant Lot team think you're fantastic!

→ **Look ahead!**

- How could the gardening club improve next year? Meet with your garden group to discuss.



LEAD PLOT HOLDER KIT LIST

As well as the equipment you need for the session, it may help to take along the following:

- THIS GUIDE
- YOUR MOBILE PHONE
- KEYS OR PADLOCK CODES FOR THE GARDEN
- PLOT HOLDER CONTACT LIST
- YOUR GLOVES
- CHALK FOR WRITING QUICK NOTICES



GARDENING CLUB SESSION PLANS

THESE ARE SAMPLE GARDENING SESSION PLANS DESIGNED TO BE USED OVER A FULL GROWING SEASON, IDEALLY BEGINNING IN SPRING BUT YOU CAN USE THEM ANY TIME.

THE PLANS INCLUDE LINKS TO A NUMBER OF ONLINE RESOURCES AND VACANT LOT FACT SHEETS THAT CAN BE FOUND ON THE VACANT LOT WEBSITE.



SESSION 1: PLAN AND PREPARE YOUR PLOT

Plan ahead

If your garden group are running RECLAIM YOUR PLOT at this session, they will need

- Plot allocation list/contact list
- Plot map if plots aren't numbered
- To decide if collecting a plot annual payment from plot holders, old and new. How will they log this? Will you need a float for change?
- Waiting List

Equipment & resources

- Photocopy the template **plot plan** in this pack, 1 for each plot holders
- **Vegetable Calendar** in this pack
- Pencils
- Rubbers and rulers
- Tape measure
- Garden Tools – Forks, Spades, Hand forks, Trowels, Rakes
- Seed potatoes
- Seed catalogue
- Empty egg boxes
- Organic matter – compost from bins or buy
- Bin liner for rubbish
- Compass (optional)
- Clipboards to lean on (if available)

Back up your knowledge – research about

- Soil types, ways to test for sandy or clay
- Improving soil structure by adding organic matter. **See fact sheet 'Soil Health'**
- Crop Rotation. **See fact sheet 'Crop Rotation and Plant families'**
- Companion Planting

On the day

Introduction (*what you aim to achieve from the session and Health and Safety reminders*)

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden Manners and Keeping Safe*
- *Today's session will cover how to prepare your plot. Planning what you want to grow this year and preparing the soil*

Tasks

Planning your Plot

1. Measure out the perimeter of the plot and draw to scale on the graph paper. Use a scale of say 2cm on paper: 10cm of real plot.
2. Work out North, South, East and West and mark it on the plan. Tall plants will shade smaller plants so plan carefully where each type of vegetable will be grown.
3. Using the seed list and vegetable calendar, draw out on the plan what will be sown where and where you will need to build a cane structure for climbing plants.



Preparing the soil

1. Clear your plot of weeds or last year's withered plants.
2. Try to get all of the roots up, otherwise the weed will grow again.
3. If the weeds have not flowered these can be put in the compost bin along with any withered plants from last year's growing season.
4. When the weeds have all been removed, fork over the whole area, turning the soil to a depth of 20cm. Be careful around the perimeter of your plot, so that you do not tear the lining fabric.
5. To improve soil fertility structure, add plenty of organic matter like compost or leaf mould. Use a spade to spread about 5cm of compost over your plot then mix it in with a fork.

*Or, if you prefer a **no dig approach**, there is no need to dig before starting, or to incorporate manure at depth. Placing any organic matter on top is the best way to bring soil alive because that is how soil organisms work, searching for and eating organic matter at the surface, then digesting it in the soil, excreting and building a permanent structure in so doing.*

6. Now, pull a rake slowly back and forth to level the surface of your plot, so that when you water your plot you will not get puddles.

Take home potatoes for chitting

1. Before sowing seed potatoes, allow them to sprout by placing on a warm, light place like a window-sill. This is called chitting.
2. When the sprouts are 2 -3cm long, bring them back to the garden as they are ready to sow.

End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Scrape off tools and store away*
- *Remind to wash their hands*

Remind plot holders of the next session date and what to bring:

- *Buy and bring own seeds*
- *Bring back 'chitted' seed potatoes*
- *Bring back Plot Plan*



SESSION 2: SEED SOWING

Plan ahead

Equipment & resources

- Lolly sticks or yoghurt pots
- Permanent pens/biros
- Seeds
- Garden tools, trowels, hand forks, rakes
- Watering cans and roses

Remind plot holders to bring

- Plot plans designed at previous session
- Chitted seed potatoes
- Bin liner for rubbish

Back up your knowledge – research about

- Understand the information on a seed packet. **See fact sheet 'What Seeds?'**
- Understanding the process of germination. **See this excellent link:**
<http://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A18-Sowing-seed.pdf>
- Growing Potatoes. **Another great link:**
<http://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A12-Growing-potatoes-in-containers.pdf>

On the day

Introduction

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden Manners and Keeping Safe*
- *Today's session will cover sowing seeds straight in the ground*

Tasks

Sowing seeds immediately in the soil outside, once the risk of frost has passed

1. The soil was prepared in the last session but you may need to use a rake to make it level again, then gently pat it flat.
2. Refer to your plot plan when sowing your seeds.
3. Use a stick, dibber or the tip of a trowel to make a 'drill'. This is a groove in the soil, the depth depends on the type of seed you are sowing. You can check the instructions on the seed packet, but the bigger the seed the deeper the drill.
4. Sow seeds about 1cm apart or as the seed packet instructs and cover with soil.
5. Label your rows of planted seeds carefully, it is very easy to forget what you have planted. Lolly



sticks or cut up sections of yoghurt pot are perfect. Write the name of the plant and the date sown.

6. Water the area but don't drown it, using a rose on the end of a watering can or your fingers to disperse and slow down the water.

Thinning out

1. As the seedlings grow they may need thinning out so that they don't bolt. For example, radishes and carrots are swollen roots, so they need enough room to swell underground. If they are too close together they will only concentrate on growing leaves.
2. Water the seedlings before thinning as this makes it easier to pull out, as the roots don't grip the soil so well. Transplant elsewhere if you have room.

Sowing chitted seed potatoes

1. Once your seed potatoes have sprouted shoots, decide which are the strongest 2 shoots on each seed potato and gently rub off any others.
2. Make a furrow about 20cm deep and place your seed potatoes in the furrow about 30cm apart, then draw up the soil over the seed potato to make a low ridge. Water well.

Additional info:

As they grow and plants develop and leaves appear, cover with soil except for the very top leaves. This stops tubers becoming green and poisonous and helps to prevent disease. Water regularly.

When the flowers die stop watering. When the leaves die, your potatoes are ready. Depending on the variety, potatoes should be ready in about 10 to 12 weeks.

End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Scrape off tools and store away*
- *Remind to wash your hands*

Remind plot holders of the next session date and what to bring:

- *Plot plan*
- *Plastic bottles clear*
- *Bamboo canes*
- *Pea netting*



SESSION 3: SUPPORTING AND PROTECTING PLANTS

Plan ahead

Equipment & resources

- Seeds or seedlings of peas, beans
- Plot plans
- Bamboo canes at least 150cm long or hazel poles
- Garden tools -trowels, hand forks
- Watering cans
- Garden twine or string, lots!
- Trowels
- Scissors
- Plastic bottles
- Pea sticks
- Lolly sticks or yoghurt pots
- Bin liner for rubbish
- Cane toppers – home made (optional)
- Newspaper (optional)

Back up your knowledge – research about

- Making support canes. **See fact sheet ‘Supporting climber and making cloches’**
- Netting for your plot. **See fact sheet: ‘Protecting your plot’**

On the day

Introduction

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden Manners and Keeping Safe*
- *Today’s session will cover supporting climbing vegetable plants*

Tasks

Creating a Wigwam or A frame

1. Think carefully about where to place a tall structure. Remind plot holders to check their plot plans from session 1 and that tall plants will create shade for other plants and plots.

2. Before putting in your supports, if you didn’t add organic matter when the plot was prepared in the first session, add some in now. You can also line a bean trench with newspaper which acts a sponge, before sowing seeds and covering with soil.

3. For a Wigwam and depending on the size of your plot, use 3 or 5 canes pushed into the soil in a circle or triangle shape. These canes need to withstand a whole growing season of wind and rain, so make sure they are pushed in to at least 20cm. Once pushed in, pull the tops of the canes together and bind and knot securely together with twine about 15cm down. Then add tiers of string around the wigwam.

4. For an A frame, try using 7 canes, 6 canes pushed in as a tunnel of 3 triangles and 1 cane horizontally near the top, tie securely at each cross over.

5. Once the Wigwam or A frame is in place, sow your bean seeds or peas at the bottom of each cane - 2 or 3 as some are bound to get eaten! Check the seed instructions for depth.



6. Don't forget to gently water your newly sown seeds.

7. Beans and peas will need help for the first meter so gently encourage the young plants up each cane by loosely tying them on as they grow.

Make a cloche

1. A cloche is a mini green house that protects newly sown beans from frost, slugs and squirrels.

2. Cut the base off a clear plastic bottle and take the lid off, push it into the soil around where a bean seed has been sown. Push a pea stick or small cane through the bottle opening into the ground, (try and avoid pushing the bean any further down).

3. Remove the cloche before the seedling starts growing out the top!

4. A cloche is also a good way of protecting tomato seedlings or sunflowers when first planted outside.

Protecting your whole plot

Follow the fact sheet for help.

End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Scrape off tools and store away*
- *Remind to wash your hands*

Remind plot holders of the next session date and what to bring:

- *Plot plan*
- *Plastic tub with a lid*



SESSION 4: GARDEN PESTS AND GARDEN FRIENDS

Plan ahead

Equipment & resources

- Plastic tubs with lids
- Scissors
- Beer
- Egg shells or empty grapefruit shells
- Magnifying lens
- Mini beast ID sheet
- String
- Bin liner for rubbish
- Watering Cans

Back up your knowledge – research about

- Garden Friends - Bees, Worms, Ladybirds, Birds, Dragonflies, Frogs and Toads, Butterflies. **See fact sheet: Attracting Beneficial Insects'**
- Garden Pests -Slugs, Snails, Caterpillars, Aphids
- Pest control. **See link:** www.instructables.com/id/Slug-Trap-from-Recycled-Water-Bottles/
- Biodiversity and encouraging wildlife into your garden. **See links:**
www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A31-Lacewing-hotel.pdf
www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A43-Building-a-wildlife-habitat.pdf

On the day

Introduction

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden Manners and Keeping Safe*
- *Today's session is about Garden Pests and Garden friends and bug ID*

Tasks

Make a Slug Trap

1. Slugs are pests! They really are the organic gardener's worst enemy – but do not use slug pellets. They are dangerous to other wildlife, such as birds, if they eat them. There are other things you can do that help get rid of slugs and pests.
2. Try making a beer slug trap out of a recycled plastic pot to entice slugs so you can trap them and move elsewhere or deal with them!
3. Dig a little dip in your soil for the pot to sit in near to precious plants suffering from slug damage.
4. Take the pot and cut holes about 5 cm above the bottom of the pot.
5. Place the pot in the soil dip and pour in the beer, then place the lid on the pot.



6. Check for drunk slugs and throw them away in the compost bin. Replenish the beer regularly.

Other ideas to combat slugs

- Use upside down empty grapefruit skins – slugs will collect underneath, check often, particularly in the dark with a torch.
- Sprinkle generously around precious seedlings, crumbled egg shells, bran, grit or ashes and replenish often.

Mini beast Hunt

Look under logs and leaves for mini beasts. Without harming them collect in a yoghurt pot. Using a lens study and identify them, decide if they are pests or friends then put back .

Talk about other ways as a group you can encourage garden friends into your community garden.

Other tasks

- Watering
- Supporting growing plants by tying to canes
- Thinning out seedlings

End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Scrape off tools and store away*
- *Remind to wash your hands*

Remind plot holders of the next session date and what to bring:

- *Plot plan*
- *Newspapers, egg boxes*



SESSION 5: COMPOST - NATURE'S WAY OF RECYCLING

Plan ahead

Equipment & resources

- Compost fork or large fork
- Shovels
- Wheelbarrow or trug
- Compost bin label
- Idea to make compost bin bay signs - bits of wood and paint
- Bin liners
- Watering cans
- String
- Scissors

Back up your knowledge – research about

- Composting, what can be put in and what can't. **See fact sheet at the end of this pack. Also see link:** www.recyclenow.com/reduce/home-composting/making-compost
- Leaf Mould and ways of using it. **See link:** www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A40-Making-leafmould.pdf
- The wonderful worm! See link: www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A53-Using-wormeries.pdf

On the day

Introduction

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden manners and Keeping Safe*
- *Today's session will cover compost and 'nature's way of recycling'. An organic gardener feeds the soil rather than the plants.*

Tasks

Making full use of the compost bin – practical demonstration

1. What can go in and what can't, what is acceptable for that garden and landlord? Just garden waste or some food waste as well, (*This may require an environment agency permit, so may be easier to just compost garden waste*).
2. If adding woody material cut down in to small pieces first.
3. Have a mix of wet and dry material. It can include adding shredded newspaper and egg boxes.
4. Show how to aerate the compost by turning. This helps to quicken the process of decay.
5. If the garden has several compost bin bays, discuss how best to communicate to plot holders



which is to put dead plants in and which is rotted and ready to use. Perhaps make some signs that can be hung on.

6. When the compost is well rotted and how to use it to improve your soil in your plots.
7. It is every plot holders' responsibility to maintain the compost bins – discuss and decide how this will work.

Making Leaf mould

1. Collecting leaves in the autumn: are there any trees in the garden or on the estate, where do grounds maintenance take leaves, could they be reserved for the garden?
2. How best to store them whilst they decay: black bin liners or make a leaf cage.
3. Ideas of how to use them to support your gardening: improve, soil structure, as a mulch on beds, drizzled into drills before sowing root vegetables.

Wormeries

- If the garden doesn't already have one, discuss the benefits, i.e great compost and use the liquid diluted, 1 part to 10 part water to feed the soil around your plants.

Additional Tasks

- Check progress of plots, thinning out, harvesting salads if ready and re sowing
- Watering
- Supporting plants

End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Scrape off tools and store away*
- *Remind to wash your hands*

Remind plot holders of the next session date and what to bring:

- *Plot plan*



SESSION 6: WHAT IS A WEED? & SOIL MOISTURE

Plan ahead

Equipment & resources

- Weed identification Sheet
- Hand forks
- Watering cans
- Mulch – well rotted leaf mould

Garden Craft :

- Pebbles
- Poster or acrylic paints
- Paint brushes
- Water pot
- Small tin of yacht varnish

Back up your knowledge – read about

What is a weed. **See link:** <http://www.organicgardening.com/learn-and-grow/12-most-common-weeds>

Making use of nettles – nettle feed. **See fact sheet: 'Liquid Nettle Feed'**

Soil moisture and conserving water. **See fact sheet 'Water'**

Using mulch

On the day

Introduction

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden Manners and Keeping Safe*
- *Today's session will cover What is a weed? - a wild plant growing where it is not wanted and in competition with cultivated plants.*

Tasks

Weeding your plot

A weed is a plant that is growing where it is not wanted. It can have strong and healthy growth, overcrowd your vegetable plants. This will deplete soil nutrients and moisture that would otherwise be available to your plants.

So it's important to identify weeds in your plot quickly before they have a chance to produce seeds and spread...

1. By looking at your plan you should have a fair idea about what a weed is and what is a vegetable plant that was purposely sown. But if people are unsure, have a look at the weed identification sheets.
2. Watering your plot before weeding makes it much easier to remove weeds as the roots find it harder to grip the soil.
3. Either pull out weed growth with your hands or with a hand fork. Gently cultivate the soil working



carefully around your vegetables to loosen the weeds out.

4. It's worth trying to identify the following common annual weeds that you may find in your plot:
 - Hairy bittercress (*Cardamine hirsuta*)
 - Groundsel (*Senecio vulgaris*)
 - Sun spurge (*Euphorbia helioscopia*)
 - Chickweed (*Stellaria media*)
 - Fat Hen (*Chenopodium album*)
5. Constant tending of your plot in the growing season to keep on top of weeds is time consuming but you could try adding a layer of mulch on top of the soil. Leave some breathing space around your vegetable plant stems, as mulch can tend to be acidic. Mulching also helps keep moisture in the soil in the warmer weather.
6. Do not put weeds in the compost bin if they have already flowered.

Keep on top of weeds in the communal areas of the garden too. If everyone weeds a 1 meter perimeter of their plot, either at the base of your raised bed or pathway, it will slow down weed seed dispersal in the garden for all, as well as keeping the garden tidy.

You may come across more established perennial weeds like dandelions, brambles and nettles.

- Never put perennial weed roots or seed-heads on to the compost heap.
- Nettles can be soaked in a bucket of water to make liquid feed, that once diluted can feed the soil around your plants

Soil moisture

During a hot summer, watering your plot is vital

Apply water directly to the soil either in early morning or evening, when the air and soil are cool (reduces loss to evaporation). Slug susceptible plants (leafy crops etc) should only be watered in the morning though, as slugs are not only nocturnal but will be more active if you wet the soil, thus creating ideal conditions.

Although watering sounds like a simple task, supplying just the right amount can be a challenge.

Too little and plants can be prone to bolting, powdery mildew and nutrient deficiencies such as blossom end rot in tomatoes.

Too much water can cause leafy growth, which is great for lettuce, but not for root vegetables such as carrots which can split.

Overwatering can exacerbate slug and snail problems and encourage foot and root rots.

One way of checking soil moisture content is by keeping a pebble or stone on your plot. You can check by turning the stone over to see if it has a damp base or dry base to give you a clue about how dry your soil is.

Garden Craft – Soil Moisture Indicator Painted Pebbles

1. Wash pebbles or stones and dry.
2. Paint designs on one side of a pebble, perhaps with a garden theme, such as ladybirds or flowers.
3. Allow to dry.



4. Paint a coat of yacht varnish over the pebble.
5. Once dry keep in your plot.

Are your beans ready?

Start harvesting when the pods are 15-20cm (6-8in) long and certainly before the beans inside begin to swell.

It is vital that you pick regularly to prevent any pods reaching maturity; once this happens plants will stop flowering and no more pods will be set. If you pick regularly, plants will crop for up to eight weeks or more.

End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Scrape off tools and store away*
- *Remind to wash your hands*

Remind plot holders of the next session date and what to bring:

- *Plot plan*
- *A heavy book or flower press*



SESSION 7: ENJOY YOUR SPUDS!

Plan ahead

Equipment & resources

- Fork
- Container to take your potatoes home
- Or cook them in the garden,
- Take a camping stove, pan, colander
- Matches,
- Butter & mint from the garden?
- Forks for sharing
- Lettuce seeds
- Watering cans

Garden Craft

- Scissors
- Blotting paper
- Flower Press or heavy book

Back up your knowledge – research about

Courgettes, marrows, pumpkins, squashes and other members of the cucurbit family and how to look after them during the final part of the growing season. **See link for great vegetable cards:**

www.gardenorganic.org.uk/growyourown

On the day

Introduction

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden Manners and Keeping Safe*
- *Today's session will cover Harvesting Potatoes and a Garden Craft session*

Tasks

Are your potatoes ready?

Gently feel in the soil with your hands to see if you can feel any tubers and if they feel big enough to harvest

Approach from the side with a fork and lift trying to avoid spearing your crop. You always manage to fork a few, nature of the beast, I'm afraid. You can get special potato forks with flat tines but an ordinary fork will do the job.

Wash, cook and enjoy!

Have you got squash or marrow growing in your plot?

Vines may have grown in your plot and fruit may be setting. Remove all remaining flowers so the plant



can put its energy into ripening the crop. To avoid the squash or marrow rotting, keep maturing fruit off the soil by setting them on a board or flat rock or by spreading a thick mulch of straw whilst it ripens.

Garden Craft - Flower Pressing

One way of reaping the rewards of your garden is by pressing flowers from your plot. It also helps remember the names of different plants.

- Snip a couple of stems with flowers and lay flat in between 2 pieces of blotting paper, then put between pages of a heavy book. Take home and put more heavy things on your book of pressed flowers. Keep a note of the name of the plant and date pressed.
- Don't open it and leave pressing for about 4 weeks to dry out.
- Then very gently take apart the 2 pieces of blotting paper to reveal beautifully preserved flowers. These look great laminated and made into book marks or gift cards.

Sow more salad

Use up any lettuce seeds to get a last crop before winter.

End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Scrape off tools and store away*
- *Remind to wash your hands*

Remind plot holders of the next session date and what to bring:

- *Plot plan*



SESSION 8: HARVEST CROPS AND SOW WINTER VEGETABLES

Plan ahead

Equipment & resources

- Pencils
- Original plot plan
- Winter Vegetable Seeds
- Watering Cans
- A sharp knife to cut marrows and squash
- Hand forks
- Envelopes
- Sand
- Can of oil
- A bucket
- Old rags

Back up your knowledge – read about

- Saving seeds. **See link:**
www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A56-Saving-seed-crop-by-crop.pdf
- Sowing winter vegetables. **See fact sheet 'Winter Vegetables'**
- Sowing green manure. **See link:**
www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fflp/A55-Growing-green-manures.pdf

On the day

Introduction

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden Manners and Keeping Safe*
- *Today's session will include harvesting crops and preparing the plots for the winter period, ensuring the garden is tidy and not an eye sore! And tidying the tool shed.*

Tasks

- **Harvest crops**
- **Save seeds**
- **Tidy plots for the winter**



- **Mulching**
 - **Sowing green manure**
 - **Perhaps plan crop rotation**
-
- **If sowing winter vegetables, draw these on your plot plan**

Shed and Tool Tidy

The best way to keep all of your tools in great shape is to take care of them year-round. To keep them pristine...

1. Tap tools to remove clumps of soil.
Remove soil from blades with a clean cloth and brush.
2. Clean metal tools by plunging in a bucket of oiled sand. The sand should be damp but not moist. Push blades of tools into sand. This helps clean and condition the metal and prevent them from rusting.
3. Store tools in the oiled sand, or hang on pegs.

End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Remind to wash your hands*

Remind plot holders this is the final session but plan a garden group meeting date to discuss next year!



USEFUL RESOURCES

- GARDENING CLUB NOTICE TEMPLATE TO LAMINATE AND USE ON YOUR NOTICE BOARD
- FOOD GROWING CALENDAR
- GARDEN MANNERS AND KEEPING SAFE
- COMPOST LABEL
- TOOL IDENTIFICATION
- GARDEN ADDRESS IF NEEDING TO CALL EMERGENCY SERVICES
- PLOT PLANNER TO DESIGN YOUR GARDEN
- HEALTH AND SAFETY



GARDENING CLUB

SESSION 1	March Date and Time
SPRING START	<ul style="list-style-type: none"> • (Re)claim your garden plot • Plan your plot • Bring your own gloves
SESSION 2	April Date and Time
	<ul style="list-style-type: none"> • Bring your own gloves • Seed sowing
SESSION 3	May Date and Time
BRING LARGE CLEAR PLASTIC BOTTLES, CANES AND PEA NETTING	<ul style="list-style-type: none"> • Bring your own gloves • Structures for beans and peas • Protection for your crops
SESSION 4	June Date and Time
BRING A PLASTIC TUB WITH LID	<ul style="list-style-type: none"> • Bring your own gloves • Garden pests and garden friends • Mini beast identification • Make a slug trap
SESSION 5	July Date and Time
BRING EGG BOXES AND NEWSPAPER	<ul style="list-style-type: none"> • Bring your own gloves • Composting, leaf mould and wormeries
SESSION 6	August Date and Time
	<ul style="list-style-type: none"> • Bring your own gloves • What is a weed? • Weed the pathway around your plot • Garden craft session – Make a soil moisture indicator
SESSION 7	September Date and Time
	<ul style="list-style-type: none"> • Bring your own gloves • Pull up your potatoes, enjoy
SESSION 8	October Date and Time
	<ul style="list-style-type: none"> • Bring your own gloves • Sowing Winter Veg • Harvest & seed saving • Tidy your plot! Tidy the Shed! Oil the tools!

**THIS GARDENING CLUB IS RUN BY THE PLOT HOLDERS
PLEASE DO NOT LEAVE YOUR CHILDREN UNATTENDED**

For further information contact.....

T:

E:



FOOD GROWING CALENDAR

Here's a list of fruit and vegetables you can grow yourself, give them a try!

Fruits and Vegetables	Seeds	Plants	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	N	Y												
Artichokes														
Asparagus	Y	Y												
Aubergines	Y	Y												
Beetroot	Y	Y												
Blueberries	N	Y												
Broad Beans	Y	Y												
Broccoli	Y	Y												
Cabbage	Y	Y												
Carrots	Y	Y												
Cauliflower	Y	Y												
Celery	Y	Y												
Chard														
Chilli Pepper	Y	Y												
Courgettes	Y	Y												
Cucumber	Y	Y												
Currants- black & red	N	Y												
French Beans	Y	Y												
Garlic	Y	N												
Gooseberries	N	Y												
Leeks	Y	Y												
Lettuce	Y	Y												
Marrows	Y	N												
Melons	Y	Y												
Onions	Y	Y												
Peas	Y	Y												
Peppers	Y	Y												
Plums	N	Y												
Pumpkin/Squash														
Potatoes	Y	N												
Rocket														
Radish	Y	N												
Raspberries	N	Y												
Rhubarb	Y	Y												
Runner Beans	Y	Y												
Shallots	Y	N												
Spinach	Y	Y												
Spring Onions	Y	Y												
Strawberries	N	Y												
Sweetcorn	Y	Y												
Tomatoes	Y	Y												
Sowing:			Planting Out:						Harvesting/Fruiting:					



GARDEN MANNERS & KEEPING SAFE

- Wear sturdy shoes or boots.
- When carrying tools keep the working part below the knees.
- Place the sharp edges or points of tools face down when you put them down to rest.
- Keep your tools to the sides of the paths so that you are not creating trip hazards for other plot holders.
- Do not use chemical pesticides or herbicides in the communal garden.
- When you finish, clean your tools and put them away.
- Always wash your hands after gardening.
- Wash vegetables before you cook or eat them.
- Pick food from your own plots only.

Also remind children

- Walk, don't run in the garden.
- Never put leaves, berries or flowers of unknown plants in your mouth as they may be poisonous.

Know your own limits

- Don't over do it when lifting, and remember to bend your knees when lifting.
- Have a stretch before and after a gardening session.
- In hot weather, wear sunscreen & keep hydrated.

FILL UP ONE COMPOST BIN AT A TIME AND KEEP TURNING TO AERATE

Things you can put into the compost

- All raw fruit & vegetable trimmings (except citrus rinds)
- Coffee grounds & filters
- Tea bags
- Rinsed-out, crushed eggshells
- Used paper towels and egg boxes
- Soft green plant trimmings
- Chopped woody prunings
- Pine needles
- Lawn clippings, dead annual plants & young annual weeds

Things you can't put into the compost

- Meat, bone, fish
- Dairy products & grease
- Grains, beans & citrus rinds
- Breads
- Dog, cat & bird faeces
- Sawdust from plywood or treated wood
- Wood prunings
- Diseased plants and perennial weeds and weed seed heads



TOOL IDENTIFICATION

Hand Fork



Hand Trowel



Fork



Dutch Hoe



Spade



Shovel



Grass Rake



Soil Rake



Shears



Loppers



Secateurs



Watering Can





If in the event of needing to call the emergency services, the full address of this garden is:

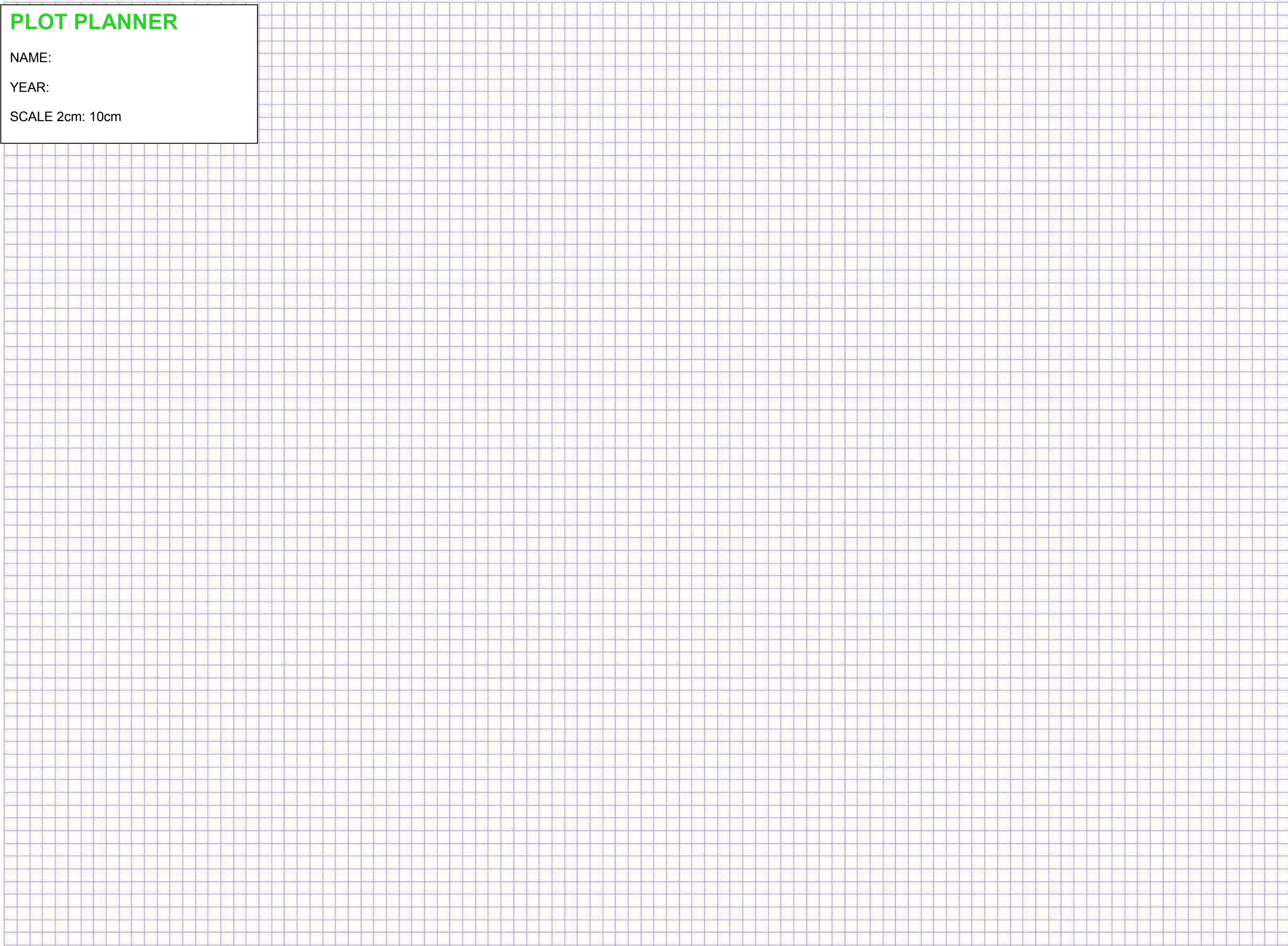
Postcode _____

PLOT PLANNER

NAME:

YEAR:

SCALE 2cm: 10cm



HEALTH AND SAFETY

Health and safety considerations:

- Severe weather causing sunburn, heatstroke, dehydration, hypothermia. Also avoid working in high winds.
- Cuts, grazes and puncture wounds from using sharp tools, containers, hard surfaces, plant supports and thorny plants.
- Allergies from contact with plants, chemicals or materials.
- Poisoning from ingestion of plants, chemicals or materials.
- Inhalation of chemicals.
- Eye contact with chemicals, soil or plant material.
- Falls – tripping over tools or garden features, slipping on wet ground.
- Stings and bites from insects and stinging plants.
- Parasites and infections from contaminated soil, standing water, animal faeces.
- Lifting injuries caused by moving or carrying heavy loads.



PLANNING YOUR OWN SESSIONS

- IDEAS FOR ADDITIONAL ACTIVITIES AND THEMES
- BLANK SESSION TEMPLATE TO PLAN YOUR OWN SESSIONS - SIMPLY PRINT OUT AND FILL IN.



IDEAS FOR ADDITIONAL SESSION THEMES

ENCOURAGE BIODIVERSITY

BUILDING HABITATS

- BUG HOTELS
- BUILD A POND (GREAT TO HAVE NEAR VEG PLOTS AS FROGS EAT SLUGS!) – BUT CONSIDER CAREFULLY THE SAFETY FOR YOUNG PEOPLE
- LOG PILE FOR STAG BEETLES

BIRDS

- MAKE BIRD FEEDERS
- BIRD BOXES

SOW A MEADOW, MAKE 'SEED BOMBS'

GARDEN CRAFTS

- BUILD A SCARECROW
- FLOWER PRESSING
- BOTANICAL DRAWING OR PAINT YOUR PLOT
- WILD WELLIES, PLANT UP WELLIES WITH COMPOST AND WILDFLOWER SEEDS

GARDENING

PLANT SPRING BULBS (AUTUMN)

CUTTINGS AND PROPAGATION

SEED SWAPS

PRUNING

MAKE LEAF MOULD (AUTUMN)

LITTER PICKING

GAMES

- SCAVENGER HUNT
- HUMAN SLUG RACING!

HOLD A GARDEN FEAST & MAKE CHUTNEY



VISIT ANOTHER LOCAL GARDEN

TITLE

Plan ahead

Equipment & resources

Blank area for listing equipment and resources.

Back up your knowledge – read about

Blank area for reading about the topic.

On the day

Introduction

- *Introductions, introduce yourself and get plot holders to introduce themselves*
- *Garden Manners and Keeping Safe*
- *Today's session will cover*

Tasks



End of Session

Summarise session with plot holders:

- *Discuss achievements*
- *Scrape off tools and store away*
- *Remind to wash your hands*

Remind plot holders of the next session date and what to bring:

-



INSPIRATION

- LOCAL COMMUNITY GARDENS AND CITY FARMS TO VISIT
- SUPPLIERS
- ONLINE RESOURCES:
 - GARDENING
 - WILDLIFE
 - ACTIVITY
- FURTHER TRAINING OPPORTUNITIES



LOCAL COMMUNITY GARDENS AND CITY FARMS

Culpeper Community Garden

1 Cloudesley Road

Islington

London N1 0EG

<http://www.culpeper.org.uk/>

King Henry's Walk Garden

11c King Henry's Walk

London

N1 4NX

<http://www.khwgarden.org.uk/>

Hackney Tree Nursery and Edible Forest Garden

entrance off Marsh Centre car park

Homerton Road

London E9 5PF

<http://sustainablehackney.org.uk/tnefg>

Edible Landscapes

Finsbury Park

London N4 2NQ

<http://www.ediblelandscapeslondon.org.uk/FindingUs>

Brockwell Park Greenhouses

Brockwell Park

Herne Hill

London

<http://www.brockwellgreenhouses.org.uk/welcome/>

Roots and Shoots

Walnut Tree Walk, Kennington,

London SE11 6DN

Phone 020 7587 1131

<http://www.rootsandshoots.org.uk/>

St Mary's Secret Garden

50 Pearson Street

London

E2 8EL

<http://www.stmaryssecretgarden.org.uk/>

CITY FARMS

Hackney City Farm

1a Goldsmiths Row
London E2 8QA

www.hackneycityfarm.co.uk/

Freightliners Farm

Sheringham Road
London

N7 8PF

www.freightlinersfarm.org.uk/

Kentish Town City Farm

1 Cressfield Close
off Grafton Road

London

NW5 4BN

<http://kcityfarm.org.uk/>

Vauxhall City Farm

165 Tyers Street
London

SE11 5HS

www.vauxhallcityfarm.org

Sutton Community Farm

40a Telegraph Track
Wallington

London

SM6 0SH

<http://suttoncommunityfarm.org.uk/>



SUPPLIERS

COMPOST AND MANURE

London Waste

020 8803 1322 www.londonwaste.co.uk

London Waste giveaway and deliver free compost to community gardens and allotment sites. Minimum allowed per load is 15 tons! But you could ask for your local council to arrange a communal drop off for several projects to share.

Thompsons of Crews Hill

020 8363 1383 www.thompsonsofcrewshill.com

Their website has the full list of product costs. Staff are super friendly and helpful over the phone.

Hackney City Farm

1a Goldsmiths Row, E2 8QA

020 7729 6381 www.hackneycityfarm.co.uk

You can go to Hackney City Farm and hand pick your very own bag of manure for £1.50. They are open Tuesday to Sunday, from 10am to 4.30pm.

SEEDS

Seedy Sunday

Guide to running a seed swap

www.seedysunday.org/

Potato Fair and Seed Exchange

Usually held in January, another great seed swap. Sydenham School, London, SE26 4RD. 07762 323812

www.potatoefair.org

Lindsay@fruitandveg9aday.fsnet.co.uk

Real Seeds

Open Pollinated, organic seeds only

<http://www.realseeds.co.uk/>

01239 821107

Tamar Organics

<http://www.tamarorganics.co.uk/>

01579 371 098

Chase Organics purchased from Garden Organic catalogue

<http://www.organiccatalogue.com/>



GARDENING RESOURCES

Capital Growth

Capital Growth offers practical help, training and support to people wanting to grow their own food, whether at home, on an allotment or as part of a community group.

<http://www.capitalgrowth.org>

Garden Organic

National charity for organic gardening

<http://www.gardenorganic.org.uk/>

London Orchard Project

Supports the development of community orchard through advice and training

<http://thelondonorchardproject.org/>

London Seed Freedom Bank

Provide information and training on saving seeds

<http://londonfreedomseedbank.wordpress.com/>

Organic Lea

Provide training, advice and supply plants

www.organiclea.org.uk

Permaculture Magazine

Lots of useful articles and tips on sustainable growing methods

www.permaculture.co.uk

UK Veg Gardeners

Online forum for swapping gardening tips

<http://ukveggardeners.com/>

Vertical Veg

Mark Riddell Smith supports food growing in containers and small spaces

<http://www.verticalveg.org.uk/>



WILDLIFE RESOURCES

Buglife

Campaigns, information and resources on bugs

<http://www.buglife.org.uk>

Froglife

Information and advice on creating ponds to encourage amphibians

<http://www.froglife.org/>

London Wildlife Trust

Dedicated solely to protecting the capital's wildlife and wild spaces, providing information, training and resources

<http://www.wildlondon.org.uk/>

Natural Beekeeping Trust

Information and resources on gardening for bees

<http://naturalbeekeepingtrust.org/>

Royal Society for the Protection of Birds

The RSPB speaks out for birds and wildlife, tackling the problems that threaten our environment

www.rspb.org.uk

Wild About Gardens

Information on biodiversity and wildlife gardening

<http://www.wildaboutgardens.org.uk/>



ACTIVITY RESOURCES

1001 pallets

Guide to upcycling pallets, including garden ideas

<http://www.1001pallets.com/2013/11/ultimate-guide-to-upcycling-with-pallets/>

Eat seasonably

Information on eating seasonal fruit and vegetables

www.eatseasonably.co.uk

Nature Detectives

Lots of free resources for engaging with nature, including I.D sheets

<http://www.naturedetectives.org.uk>

Seedy Sunday

Guide to running a seed swap

www.seedysunday.org/

Potato Fair and Seed Exchange

Usually held in January, another great seed swap. Sydenham School, London, SE26 4RD.

07762 323812 www.potatoefair.org

Lindsay@fruitandveg9aday.fsnet.co.uk

Upcycle That

Lots of creative upcycling ideas

<http://www.upcyclethat.com/>

Wildlife watch

Free identification sheets and other wildlife activity resources

<http://www.wildlifewatch.org.uk/downloads>



FURTHER TRAINING OPPORTUNITIES*

Stepney City Farm

Stepney Way

London

E1 3DG

0207 7908204

www.stepneycityfarm.org/

Hackney City Farm

1a Goldsmiths Row

London E2 8QA

020 7729 6381

www.hackneycityfarm.co.uk/

farm@hackneycityfarm.co.uk

Organiclea

115 Hawkwood Crescent, Chingford, E4 7UH

www.organiclea.org.uk

020 8524 4994

courses@organiclea.org.uk

TCV (formally BTCV)

www.tcv.org.uk/

<http://shop.tcv.org.uk/shop/category?l=level1;lid=19>

0207 278 4294

Capital Growth

Regents Park Allotment Garden

Chester Road,

in Regent's Park

www.capitalgrowth.org/training

training@capitalgrowth.org

Freightliners Farm

Sheringham Road,

London,

N7 8PF

020 7609 0467

www.freightlinersfarm.org.uk

Project Dirt

www.projectdirt.com, then click on 'Events' for full listings of courses.

**Correct at time of Print, October 2014*



BILINGUAL SIGNAGE TO LAMINATE AND DISPLAY ON GARDEN NOTICEBOARDS

- **COMPOST SIGNAGE**
English / Turkish / Bengali
- **GARDEN MANNERS AND KEEPING SAFE SIGNAGE**
English / Turkish / Bengali



FILL UP ONE COMPOST BIN AT A TIME AND KEEP TURNING TO AERATE

Her seferinde bir tane gübre/ kompost kutusu doldurun ve sürekli olarak havalandırınız.

সারের বিন (কম্পোস্ট বিন) একটি একটি করে ভরাট করুন এবং বায়ুপূরিত করার জন্য নাড়াচাড়া করিতে থাকুন ।

THINGS YOU CAN PUT INTO THE COMPOST

Kompost/ Gübre kutusuna koyulabilecekler

যে সব জিনিষ আপনি সারের মধ্যে যোগ দিতে পারেন

- All raw fruit & vegetable scraps (except citrus rinds)
- Bütün çiğ sebze ve meyve artıkları (turunçgillerin kabukları hariç)
- সব কাঁচা ফল ও সবজির ছাল খোলা (লেবুর খোসা ব্যতীত)
- Lawn clippings, dead annual plants & young annual weeds
- Çimen kırıntıları, sezonluk ölü bitkiler & sezonluk otlar
- ঘাস কাটা, মৃত বারমেসে গাছপালা ও কচি বারমেসে আগাছা
- Rinsed-out, crushed eggshells
- yıkılmış, kırılmış yumurta kabukları
- গুঁড়ো করা ডিমের খোসা, আগে ধুইয়ে নিবেন
- Chopped woody prunings
- Ağacın budanan kısmının parçacıkları
- নরম-কোমল সবুজ উদ্ভিদের ছাঁটা
- Tea bags
- çay poşetleri
- চা পাতা
- Coffee grounds & filters
- Filtre yada diğer kahvelerin taveleri
- কফির দানা ও ফিল্টারগুলি
- Used paper towels and egg boxes
- kullanılmış kağıt peçete ve yumurta kartonları
- পুরানো কাগজের তোয়ালে এবং ডিমের বাক্স
- Soft green plant trimmings
- Yumuşak yeşil bitki artıkları
- টুকরা করা কাঠের ছাঁটাই
- Pine needles
- Çam iğneleri
- পাইন গাছের কাটা

THINGS YOU CAN'T PUT INTO THE COMPOST

Kompost/Gübre kutusuna koyamayacaklarınız

যে সব জিনিষ সারের মধ্যে যোগ দেয়া আপনার জন্য নিষিদ্ধ

- **Meat, bone, fish**

- Et, kemik ve balık
- মাংস, হাড়, মাছ

- **Dairy products & grease**

- Süt ürünleri ve atık yağ
- দুগ্ধজাতীয় এবং তৈলজ পদার্থ

- **Grains, beans & citrus rinds**

- Tahıllar, fasulyeler ve turunçgillerin kabukları
- শস্যদানা, ডাল শুটি ও লেবুর খোসা

- **Wood prunings**

- Ağacın budanan kısmı (parçacıklara bölünmemiş)
- কাঠের ছাঁটাই

- **Diseased plants and perennial weeds**

- Hastalıklı bitkiler ve uzun ömürlü otlar
- পীড়িত/অসুস্থ গাছপালা এবং বারমেসে আগাছা

- **Breads**

- Dog, cat & bird faeces
- Sawdust from plywood or treated wood

- **Ekmek**

- Köpek, kedi ve kuş dışkısı
- Kontraplak talaşı veya işlem görmüş kereste

- **রুটি**

- কুকুর, বিড়াল ও পাখির মল
- পাতলা গঠিত কাঠের কিংবা প্রতিকৃত কাঠের মিহি গুঁড়ো



GARDEN MANNERS & KEEPING SAFE

Bahce Kurallari ve Guvende Kalmak

বাগানে সুষ্ঠু আচরণ এবং নিরাপত্তা বজায় রাখা

- Wear sturdy shoes or boots.

Sağlam ayakkabı yada bot giyin.

জুতা বা বুট পরিবেশন।

- When carrying tools keep the working part below the knees.

Ekipmanlarınızı taşırken uç kısımlarını diz seviyenizin altında tutun.

কার্যকর্মের যন্ত্র-সরঞ্জাম বহন করিবার সময় কর্মের অংশটি হাঁটুর নীচের দিকে রাখিবেন।

- Place the sharp edges or points of tools face down when you put them down to rest.

İşiniz bittiğinde, ekipmanlarınızın sivri köşelerini veya uçlarını yere donuk bir şekilde bırakınız.

যন্ত্র-সরঞ্জাম নীচে রাখার সময় তাদের ধারালো প্রান্ত কিংবা ডগাটি নিচু মুখী করে রাখিবেন।

- Keep your tools to the sides of the paths so that you are not creating trip hazards for other plot holders.

Sizin dışındaki kişilerin takılıp zarar görmelerini önlemek için ekipmanlarınızı yol üzerinde (ayak altında) bırakmayınız.

যন্ত্র-সরঞ্জামগুলি পথের একপাশে রাখিবেন যেন অন্যান্য প্লট অধিকারীদের হোঁচট খাওয়ার বিপদ সৃষ্টি না হয়।

- NEVER use chemical pesticides like slug pellets or sprays in this communal garden.

Sumuklu böcek tabletleri yada spreylar gibi kimyasal zirai/böcek ilaçlarını ASLA bu ortak bahçede kullanmayınız.

কোন ক্রমেও এই জনসামাজিক বাগানে রাসায়নিক কীটনাশক যেমন স্লাগ মারিবার ঔষধি দলা-বড়ি ব্যবহার করিবেন না অথবা ছিটাবেন না।

- Pick vegetables from your own plots only, never from other peoples.

Sebzelerinizi sadece kendi bölümünüzden toplayınız asla diğer kişilerin bölümlerinden değil.

শুধুমাত্র নিজস্ব প্লট থেকে সবজি বাছাই করিবেন, অন্য লোকের প্লট থেকে নয়।

- Make sure rubbish, bamboo canes and piles of weeds or cleared plants from your plots are not left on the pathways or grass when you finish.

İşlerinizi bitirdiğinizde çimlerin üzerinde yada ortak kullanılan yollarda çöp, bambu değnekleri, ot birikintisi yada bitki kalıntılarının olmadığından emin olunuz.

আপনার কাজের শেষে নিশ্চিত করুন যেন আবর্জনা, বাঁশ বেত এবং আপনার প্লট থেকে সাফ করা গাছপালা আর আগাছা পথের উপর কিংবা ঘাসের উপর ফেলে রাখা না হয়।



- When you finish, clean your tools and put them away.

İşlerinizi bitirdiğinizde alet ve edevatlarınız temizleyip kaldırın.

কাজ শেষের পরে যন্ত্র সরঞ্জামগুলি পরিষ্কার করে মজুত করে রাখিবেন।

- Dispose of cleared plants into the compost bins.

Ortadan kaldırmak istenilen bitki kalıntılarını gübre/kompost kutusuna koyunuz.

স্বাক্ষর করা গাছপালাগুলি সারের বিনে (কম্পোস্ট বিনে) পরিত্যাগ করিবেন।

- Always wash your hands after gardening.

Bahçe işleri sonrasında her zaman ellerinizi yıkayınız.

বাগানের কাজের পর সর্বদা আপনার হাত ধুয়ে ফেলবেন।

- Wash vegetables before you cook or eat them.

Sebzelerinizi pişirmeden yada yemeden önce yıkayınız.

রান্না করার বা খাবার আগে সবজিগুলি ধুয়ে নিবেন।

Also remind children: Ayrıca çocuklarınıza hatırlatın: এছাড়াও শিশুদেরকে মনে করিয়ে দিবেন:

- To only walk in the garden.

Sadece bahçede yürüyebilirler

বাগানে শুধু হাঁটার জন্য।

- Never put leaves, berries or flowers of unknown plants in your mouth as they may be poisonous.

Zehirli olabilme ihtimalleri olduğu için ağzınıza yaprak, böğürtlen, çiçek yada bilmediğiniz bitkiler koymayın.

কখনো গাছপাতা, বেরি ফল কিংবা অজানা গাছের ফুল মুখে না ঢোকাবার জন্য কারণ সেগুলো বিষাক্ত হতে পারে

Know your own limits: Sınırlarınızı bilin: আপনার নিজের সীমা জানুন:

- Don't over do it, and remember to bend your knees when lifting.

Kendizi gereğinden fazla yormayın, ve bişiler kaldırırken dizleriniz bükmeyi hatırlayın.

আপনার নিজের সীমা জানুন,

- Have a stretch before and after a gardening session.

Bahçe işleri öncesinde ve sonrasında esneme hareketleri yapın.

বাগানে কাজের আগে ও পরে শরীরটা টানাটানি দিয়া নিবেন।

- In hot weather, wear sunscreen & keep hydrated.

Sıcak havalarda güneş koruyucu krem kullanın ve bol bol sıvı tüketin.

গরম আবহাওয়াতে, সূর্যতাপ দক্ষবিরোধী ক্রিম (সানক্রিম) লাগাবেন এবং আর্দ্রতা বজায় রাখিবেন।



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Groundwork London
18-21 Morley Street
London
SE1 7QZ
T/ 020 7922 1230
www.groundwork.org.uk/london
[@GroundworkLON](https://www.instagram.com/GroundworkLON)

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