

# Community Food Growers Newsletter



## Space to Grow

Over the last few months at 'Space to Grow' we have watched our seedlings transform into beautiful flowers and tasty vegetables. The group members during their time at the project have sown, transplanted, potted on, planted and finally been able to receive the fruits of their labour by taking home the harvest.

All the members that have attended have been referred to the project to aid mental health recovery and boost wellbeing by engaging in an outdoor venue using plants and natural art as a medium to enhance recovery. This has been our first year having 'referrals' to the project, all those who have attended have benefitted

in one way or another. When asking the group "what words come up for your experience of attending Space to Grow" here are a few of the words used to describe their experience: - **"warmth, acceptance, valued, purpose, companionship, a learning space, creative space....."**

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Show worthy cauliflower



starting seed collecting for sowing 2023



Shallot harvest



Staff tending the weed



Humour in the garden

# Scottish Borders Housing Association

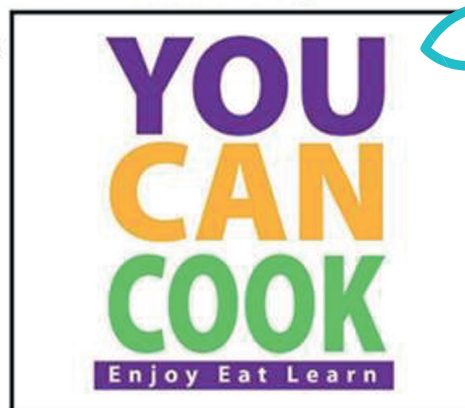
## Funding news

### You Can Cook - cooking in the community

In partnership with You Can Cook, a Community Interest Company, we have secured grant funding of £164k from the Big Lottery Fund to fund a Scottish Borders Rural Food Club project over the next 3 years.

The Scottish Borders Rural Food Club project, led by You Can Cook, will deliver a programme of local community healthy cooking workshops, bringing people together to learn, share skills and socialise, while encouraging healthy living and reducing isolation and loneliness.

The workshops will be delivered by You Can Cook at local community venues, with practical cooking demonstrations, as well as advice on planning and shopping on a budget.



Watch this space for more. Find out more about You Can Cook here - [www.youcancook.org.uk](http://www.youcancook.org.uk)

## Love Langlee Community Garden is now open!

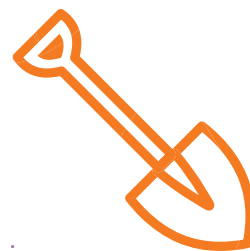


Welcome to the new Love Langlee Community Garden – HUGE THANKS to Public Health Scotland, Jewson Partnership Solutions, Jewson Galashiels, B&Q Galashiels, Abundant Borders, Scottish Borders Council, Danny's A7, Linwood and Lowood Nurseries, and all residents who have been involved so far!

It's looking great and getting a good water today – thank goodness after all that glorious sun!

This is a community garden open to everyone – please enjoy it and respect it – thank you! There are spaces to grow your own food, plants and flowers – if you would like to get involved join the **Love Langlee Facebook Group** Love Langlee or contact **Neighbourhood Housing Officer Kelly Mitchell** on 01750 724444.





# Best Food Grown in SBT0 Gardening Competition

SBTO Tenant Gardening Competition 2022 – the winner of the Best Food Grown in Garden or Home Category is...

## Marion Brockie from Peebles - Huge Congratulations

The Judges loved the variety of food being grown in Marion's garden and greenhouse. From potatoes and carrots, to tomatoes and cucumbers, plus fruit trees and a variety of herbs – there is such a wide selection.

Marion enjoys her garden and she makes jams, chutneys, sauces, soups and even gin from her produce. She even shares her food products with her neighbours. Her gorgeous wee doggies love her garden too!



Marion will receive a £50 garden centre voucher.

This was a new category for 2022 and it will return next year as we had so many brilliant entries of food being grown at home this supper – thank you and well done!

We also had some other brilliant food growing entries – this will be an annual category going forward.



## Greener Melrose

### Penny Plots



At the last Scottish Borders Community Food Growers Network meeting you may remember Mares Walter explaining Penny Plots. Mares has kindly shared her photos and experience of the plots and how they have worked out;

'Here is a photo of my experimental 'Penny Plot' that I built outside my kitchen on an awkward bit of wall. The growing space is about three and a half feet by ten feet with a little woodchip border. I was inspired by Hugh Richard's book, Veg in one bed' and followed his instructions and planting times. I'm really pleased with how it has gone.

It started out in June as a grassy bank, so I cut the grass, laid down cardboard and about six inches of well rotted woodchip, put green woodchip around it as a weed control border and planted right away.

It's doing great and I hope it can be a model for us to set up more growing spaces like these throughout the Borders'



# Summer Fun in Burnfoot Hub Community Garden

Over the Summer we have held Garden Fun times for local families to come and enjoy our Community Garden together. There was lots of Growing, Crafts and Games which both adults and children enjoyed, and we had plenty dirty hands and smiling faces that showed everyone had a good time.

There was a weekly Scavenger Hunt which sent everyone hunting for Bugs, Rainbow Colours and things beginning with the letters from SUMMER. We loved the inventiveness and imagination of some of the things the kids found. We had a different craft activity and a different growing activity each week and we finished the afternoon with a drink of juice and a time to play or chalk in the garden. Lots of people learned how to play Hopscotch and even our volunteers were getting very competitive!

Using things growing in the garden we made Green Man Clay Faces



which were taken home. We picked lots of berries and made them into smoothies using our Smoothie Bike, they all agreed this was their favourite activity but they couldn't agree on their favourite smoothie flavour! Strawberries seemed to be the favourite berry though so everyone potted up a

strawberry plant to take home to grow and care for. We used old magazines to make woven mats and enjoyed sitting in the sunshine looking for shapes in the clouds and we made colourful scrolls by crushing petals onto cotton. Everyone enjoyed harvesting potatoes from our garden and the children went away happily carrying their own bag of potatoes.



Everyone really enjoyed these activities and I think our staff and volunteers had as much fun as the people who came along. A big thank you to everyone who helped and supported us to facilitate these sessions.



## Justice Service Greenhouse Partnership September 2022

Our Partnership with the NHS Health Improvement Team continues. Over the last month, as well as providing produce for the Health Improvement Team, Early Years Centre and Action for Children, we also attended the Cost Of Living event at the Focus Centre in Galashiels on 6th September and provided produce for Langlee Carnival on 10th September.

Scottish Borders Justice Service Unpaid Work Team are available for help with other projects around the Borders.

If anyone would like help with their community project please contact : **Roddy Martin – Interim Unpaid Work Project Co-ordinator** tel: 01896 664140, [roddy.martin@scotborders.gov.uk](mailto:roddy.martin@scotborders.gov.uk)

