

# Grow your own

Be inspired



neighbourhoods **green**

IMPROVING THE GREEN SPACES FOR SOCIAL HOUSING



Growing your own fruit and veg is a great way to be healthy and meet new friends. It can also help to save money and the environment! Planting and caring for the food is good gentle exercise. Eating the food contributes to a balanced diet that includes fruit and vegetables. Getting outside, socialising and being active are great ways to meet your neighbours.

Every penny counts. Particularly right now. Growing your own fruit and veg is a great way to save a few quid, improve your health and meet some new friends.

You don't need a huge garden or an allotment plot to grow a few simple vegetables or salad leaves that can help supplement your weekly shop. It's pretty easy to plant a few seeds in a pot that sits on your windowsill or balcony. And it's surprisingly rewarding to eat something that you've grown and looked after yourself.

For the slightly more ambitious, getting together with some neighbours and using an under-used space on your estate can lead to even greater rewards. A small patch of ground can easily be turned into a community garden or compost bags can be used on concrete areas to create a similar space.

You won't be alone either. A recent survey found that over a quarter of us are growing our own fruit and veg. And some are saving upwards of £200 a year.

Food growing's a great way for people from different cultures and backgrounds to share knowledge and experience. Coming together at harvest time to cook the produce you've grown and hold a community feast can be a wonderful celebration and great fun.

Due to the increase in popularity, there's a huge amount of advice out there. Countless TV programmes, websites, newspaper and magazine articles all offering advice and guidance on growing your own. You can even get advice at your local garden centre or shops that sell seeds.

**So if you are feeling inspired and want a bit more advice on how to start with growing your own, why don't you read our 'Guide to growing your own' to find out how you could set off on the path to self-sufficiency.**

[www.neighbourhoodsgreen.org.uk](http://www.neighbourhoodsgreen.org.uk)

Natural Estates is a partnership project of Neighbourhoods Green: Broomlegh Housing Association, Circle 33 (with London & Quadrant), CityWest Homes, Gallons Housing Association, Hackney Homes, Homes for Harlingey, Peabody, Places for People, and Southern Foundation, with Groundwork London, London Wildlife Trust and Natural England