

Growing and Foraging (3)

'Encouraging others to find and grow'

- Gardening in a smaller space
- Foraging
- Medicinal plants
- Did you know you could
- SusWoT Recipes

- Window box Gardening
- Vertical Gardening
- Soil Conditioning

Why not grow..

- Herbs?
- Edible flowers?
- Micro greens?

Herbs	Basil	Rosemary
Thyme	Chives	
Cilantro	Sage	Parsley
Oregano	Garlic Chives	



For anyone who wants to grow plants in a variety of outside spaces, from balconies to stairways, windowsills to doorsteps. A host of creative step-by-step projects, such as speedy salads, wildlife pots, fragrant baskets & green garden walls. Handy plant profiles tell you what's best to grow in a variety of conditions, such as wind, shade & drought.

1. Add Compost. decomposed organic matter
2. Get a Soil Test. ...
3. Mulch the Soil Surface. ...
4. Prevent Soil Compaction. ...
5. Rotate Crops Each Year. ...
6. Grow Cover Crops. ...
7. Add Aged Animal Manure.

Vegetable plants & flowers are grown up and off the ground. The plants are held on a panel suspended vertically, making use of hydroponics. An alternative to using plastic plant pots to grow plants in a restricted space. easier to maintain vertical gardens than potted plants, taking up less space.

Edible flowers include citrus blossom, clover, daisies, dandelions, hibiscus, honeysuckle, lavender, lilac, mums, nasturtium, pansies, roses, sunflowers and violets



Window Box Allotment

In a space that measures only 5 x 2.5m (16 x 8 ft), outside her kitchen window, high up on a London rooftop, Penelope Bennett cultivates a garden that includes artichokes, beans, peas, tomatoes, peppers, alpine strawberries, raspberries, herbs (and saffron), 31 kinds of potato and six different fruit trees. With Window-box Allotment as your guide you can make your outdoor space, however tiny, equally prolific.

Microgreens -

sow on kitchen towel or in small pots
Flavour more intense. Everything is concentrated into a smaller space, so those tiny leaves can deliver a big burst of flavour and are really tender. The young, less tough leaves give a a nicer texture experience

Foraging

- Local Foraging e.g. crab apples, nettles, dandelions
- Local information needed from SusWoT Members
- Food for free



Further reading (S/Hand)

Food for Free.....Book by Richard Mabey
Fans of "Food for Free" will be delighted at this new format--ideal for carrying in a rucksack. Over 100 edible plants are featured together with recipes and other interesting culinary information. ...

Food for free foraging event

Around £20 per head
Steve England around for two hours

RECIPES

Using SusWoT Website

Promoting recipes - SusWoT plants & seeds sold by SusWoT

Emphasis on lesser known recipes e.g. Tomato Jam, Red tomato Chutney, Courgette chutney, squash recipes
Herbs - for infusions

Possible Event ...Fermentation Workshop Saverkraut?

There's no vegetable you can't ferment, leafy greens such as kale - because of their chlorophyll content are not that good

Web pages to be set up.
Editorial process needed.

Contributions from
SusWoT members

Did you know you could?

- Grow potatoes in plastic bags for Christmas!
- Some herbs can be grown in cracks in walls e.g. oregano
- Re-grow green onions from food scraps
- Think about odd garden spaces to grow perennial
- Grow herbs indoors
- Grow perennial vegetables
- Sow micro greens on a the window ledge

Rocket
Perpetual onions
Tomatoes as weeds
American Land Cress

Common Medicinal Herbs

Chamomile. (Flower) Considered by some to be a cure-all, chamomile is commonly used in for anxiety and relaxation. ...

Echinacea. (Leaf, stalk, root) ...

Feverfew. (Leaf) ...

Garlic. (Cloves, root) ...

Ginger. (Root) ...

Ginkgo. (Leaf) ...

Ginseng. (Root) ...

