

LOCKDOWN LIFE

Issue 9

June 2020

Growing For Wellbeing!



Its National Growing for Wellbeing Week!

A whole 7 days dedicated to celebrating how wonderful growing your own food can be for your physical and mental health!

Research shows that gardening can help people through a specific period of difficulty in their lives.

Let me know if you try any of these quick and easy gardening projects and you could feature in the next edition of **Lockdown Life!**

INSIDE THIS ISSUE

- 1 Growing For Wellbeing!
- 2 Cress Egg Heads
- 3 Windowsill Herb Garden
- 4 Wildflower Patch

Cress Heads!

Cress is one of the easiest things to grow! Ready in a matter of days, cress is tasty and nutritious. Try it in a salad, or the classic egg and cress sandwich!



1. Save your egg shell after a boiled egg. Wash it out and draw on a face!
2. Place a small ball of cotton wool or a tablespoon of compost inside each eggshell.
3. Sprinkle on some cress seeds and water
4. Place on a sunny windowsill and wait! Make sure you keep watering. Cress takes 10-14 days to grow. Harvest with scissors and enjoy!

Most supermarkets stock cress seeds – contact the Personalisation & Wellbeing Department if you need any assistance buying seeds.

Windowsill Herb Garden

A windowsill is the perfect place for an easy to reach herb garden.

Make sure you choose a windowsill that gets plenty of light.

Either sow seeds in potting compost, or buy small plants from a garden centre or supermarket.



Basil, coriander, parsley, chives and mint are all happy sitting on a sunny windowsill.

TOP TIP! Rotate the pots every week to help the plants grow stronger.

Wildflower Patch

Wildflowers are beautiful, but they also provide food for bees and other insects. These creatures help pollinate our crops, but in recent years there hasn't been enough flowers for them.

Help out the bees by planting your own mini wildflower meadow! Contact P&W if you need help getting seeds.



Wildflowers love poor soil so you just need to rake over a bare bit of ground, sprinkle on some seeds and water!



Find out more at:

<https://www.growwilduk.com/wildflowers/how-grow-wildflowers>