



OUR Portfolio

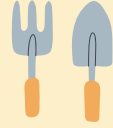


INCREDIBLE EDIBLE & BOURNVILLE VILLAGE TRUST





OUR Partners



Our values

Every Incredible Edible group is different, and everyone has their own take, but out of all we have learned we value...

- 01 Being positive**
Believe in the power of your own potential to create the future for yourself that you want.
- 02 Being local**
In your passion, your action and your purchasing. Find ways to create local solutions to global problems.
- 03 Being connected**
We are more passionate about people than plants. We are not just a growing group. We believe that when people spend time connecting together and listening to each other positive change happens.
- 04 Being brave**
The future is in our hands. We have the right as citizens to take action. The structures in a democratic society are there to serve the will of the citizens, not the other way around.
- 05 Being active**
Don't wait for permission or funding – just do something today, however small and the result will grow.

About Incredible Edible

Our vision is to create kind, confident and connected communities through the power of food.

Incredible Beginnings

“Once upon a time, about ten years ago, Pam and Mary met with a group of friends to dream and make a plan. In their northern market town they saw unloved places and wondered if they planted veg in them and encouraged people to take what they needed they could create a conversation that would enable people to think differently about the power and potential of their future. So spades in hand, they set to work. Growing spaces led to conversations that encouraged people to imagine that the power of these small actions could help people live happy, healthy and prosperous lives. Lives lived in connected communities, built out of the power of their own will, their own imagination and grown through the power of small actions.”

Find out more <https://www.incredibleedible.org.uk/>

Watch Pam's TED talk: <https://www.incredibleedible.org.uk/our-story/>





OUR Partners



About Bournville Village

In 1878, George and Richard Cadbury moved their successful chocolate factory from its location in the centre of Birmingham to the countryside and fresh air. Bournville was built to provide safe, suitable, and affordable housing for those who wanted to live there. Those living in Bournville were encouraged to eat healthily and get exercise by growing their own fruit and vegetables, with every garden containing a fruit tree. Parks and recreation areas were incorporated into Bournville, encouraging swimming, walking, and sports.

The designs of Bournville became a blueprint for many other model villages in Britain and many have credited the village with laying the foundations for the development of garden cities and introducing the benefits of open space into modern town planning.

www.bvt.org.uk/our-heritage/about-our-heritage/about-our-heritage/

Our mission

Creating and sustaining communities where people can thrive.

Our aims

All our work is focused on achieving six core aims.

 Place-shaping Creating and sustaining thriving, well-designed and connected neighbourhoods that are well-managed and sustainable.	 Community building Connecting people and organisations together to develop diverse, strong and engaged communities.	 Championing people Delivering support services and working in partnership with others, to help all people thrive.
 Providing great homes Providing safe and sustainable homes that meet people's needs and aspirations now and in the future.	 Inspiring learning and sharing Sharing our heritage and experience to inspire others, and listening and learning from those around us.	 Building organisational strength Building a strong, focused, and resilient organisation driven by our values.

About Bournville Village Trust

George founded Bournville Village Trust (BVT), as a custodian of the Bournville Estate – the village he developed around the Cadbury chocolate factory. Since then BVT has evolved into a values-led charitable trust that is inspired by its foundation and heritage but not afraid to be bold and try new things.

We have continued to develop, maintain and provide services not only the Bournville estate but in new communities in inner-city Birmingham and Telford, always with the aim of helping people to thrive.

www.bvt.org.uk/our-heritage/about-our-heritage/bournville-village-trust-and-bournville-works/





Let's Grow Together



OUR Partners



The Quadrangle
(Bournville Almshouses)



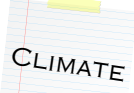
Bournville House



Community Partnerships
We are passionate about connecting our community and working together. Here are some of the other partners involved.



Rowheath House





OUR Community



How can you get involved?

We are seeking community volunteers to engage in all aspects of these projects. There is no need to be green-fingered already - you can learn on the way! This is about making a difference to the place where you live and building something for the community to share.

To contact **Incredible Edible** and find out more please visit:

<https://www.incredibleedible.org.uk/get-involved/>

To speak to someone from the BVT team in your area please contact:

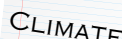
- For Lawley or Lightmoor Village please email events@bvt.org.uk
- For Birmingham Areas please email communityadmin@bvt.org.uk

Local community groups you can join:

- Birmingham - Green Forum
- Lightmoor Village - Green Gang
- Lawley Village - Green Group



Website www.bvt.org.uk





OUR Community



Incredible Edible Community

Want to grow your own fruit and veg locally within your community? If you're keen and green, we need you! The Incredible Edible movement is growing across the UK to empower people to grow their own foods locally.

Community Action Days

You can give as little as a few hours or one day a year to be involved, or this can become your everyday passion that you share with green companions.

Get involved in this year's community harvest. Do you have excess produce you would like to share, swap or donate locally? Pick fruit from the community orchards or forage in local areas and join our fruit picking days in the Autumn.

Community Consultations

We would love residents in our communities to promote growing local, join community harvests and enhancing local sustainability. Bournville Village Trust and Incredible Edible are working together with residents, partners and local community groups to help make this happen. Join us to have your say.

Field Trips and Days Out

Visit other communities successfully growing their own produce to gather ideas and share knowledge. Become part of the nationwide network of Incredible Edible and join us for day trips and visits.

Opportunities and Volunteering

We need your help with community action days, consultation forums, produce donation, growing expertise and most importantly - people keen to join in and enjoy growing food!

Register your interest via email:

- For Lawley or Lightmoor Village please email events@bvt.org.uk
- For Birmingham Areas please email communityadmin@bvt.org.uk

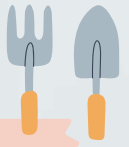




OUR Ideas



make your own ADVENTURE



Our Starter Wishlist



- Repurpose Land Communally
- Resident-led Initiatives
- Micro & Macro Allotments in our Village Centres
- Community Herb Gardens
- Edible Walls



Our Values

- Community Building
- Championing People
- Place Shaping (Green Space Access)



Communities That Thrive



Seasonal & Local

Our Aims

- Increase Engagement
- Access to Fruit/Veg
- Improved Wellbeing
- Promote Healthier Lifestyles
- Intergenerational Projects
- Support Cost of Living
- Sustainability

Build your own Future

Our Current Projects

- Lawley Village Green Group (habitats, wildflowers, biodiversity, guerilla gardening, community)
- Lightmoor Green Groups (Garden Gang and Bournville House)
- Allotments
- Garden Awards
- Green Forum



Sustainability

Our Planet

- Reduce Food Mileage
- Increase Biodiversity
- Promote Sustainability
- Reduce Carbon Emissions and Increase Carbon Capture/ Neutral



Our Needs



- Expertise
- Support
- Resource
- People Power
- Tools
- Legal Checks for Land/ Liability

Our Offer



- Land Access
- Networks/ Connections
- Resident Volunteers
- Free healthy produce for communities
- Funding Support/ Grant Applications



Let it grow



Powered by people



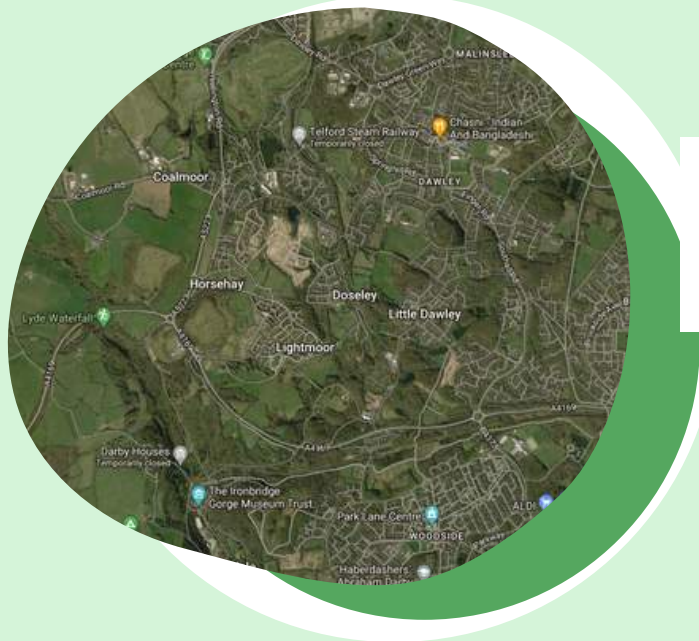
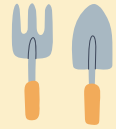
Our Stakeholders

Schools, Residential Care Homes, Nurseries, Community Groups, Youth Groups, Volunteer Organisations, Local Services, Partner Agencies, Charities, Our Residents, General Public





OUR Villages



Lightmoor Village
Telford

Lawley Village
Telford



Bournville & Other Areas
Birmingham





OUR Villages



Lightmoor Village Telford



Lightmoor Village is a beautiful modern garden village in Telford. As the long-term stewards of the village, BVT aim to maintain its distinctive character and build a strong and inclusive community.

Bordering rural Shropshire, with almost 900 houses and development continuing. Lightmoor Village has access to wonderful countryside and green open spaces. The vibrant community scene has a multitude of activities, community groups and events for residents of all ages. Green ideas and sustainability are a key focus for many residents.





OUR Villages



Current Projects

- Small Woods work with veterans at Squatters Cottage and the surrounding woodlands where the volunteers maintain, protect and create woodlands and habitats for wildlife. In addition, the veterans also develop their woodworking skills and participate in community projects.
- The Green Gang is a group of residents working to improve our green and open spaces. They participate in consultations and community action projects. Their current project is creating a memorial garden.
- We have been working with residents and a local artist to create willow sculptures to reflect the identity of the village and its relationship with nature.
- Lightmoor Village has an active community volunteering scene which works with schools, care homes and community groups.
- To increase biodiversity in the village, we have been installing several Nature Ark planters to provide habitats for pollinating insects.

Development Opportunities

- In the village centre we wish to convert the bedding areas into community growing beds.
- At Squatter's Cottage there are plans to create a community garden with our volunteers and residents.
- Another community orchard is planned with the new development at Woodlands Park, in addition to the established orchard with 90 fruit trees for community use.





OUR Villages

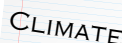


Lawley Village Telford



Lawley Village is the largest new-build community in Telford. As the long-term stewards of the Village, it is BVT's aim to maintain its distinctive character and build a strong and inclusive community,

Bordering rural Shropshire, with some 2500 houses and development continuing, Lawley Village has access to wonderful countryside and green open spaces. The vibrant community scene has a multitude of activities, community groups and events for residents of all ages. Green ideas and sustainability are a key focus for many residents.





OUR Villages



Current Projects

- Lawley Village Green Group are a group of local residents who are interested in gardening, the environment and wildlife. They meet to discuss projects that will enhance the local area and work on consultations for partners as well.
- Last year they replanted a large planter in Lawley to include more 'bee-friendly' species and worked with a local nursery for plants. They have also planted 6000 wildflower seeds ready for this year to help the 'bee superhighway' and support wildlife. The group were also interviewed on the radio for BBC Shropshire Live.
- The group successfully bid for a grant from Lawley Partnership Board, to provide wildlife habitats for birds, bats, hedgehogs and insects, which were installed in the local community gardens and in the green space by the War Memorial.
- Members of the group consulted on the grounds maintenance tender project to provide resident representation in decision making. They consulted with the artist on the designs for the Willow Crown living will sculpture we had installed as part of the King's Coronation Legacy Project. They have consulted at community events, worked with local councillors and connected with residents about their projects.

Development Opportunities

- We are working with schools to enhance their environmental projects. They have outdoor classrooms, forest school areas, micro-allotments and litter picking teams. We would like to see school micro-allotments expanded, with help from community volunteers and increased funding. In addition, we are working with Learn Telford to plan courses for gardening and horticulture and to a youth audience alongside Shropshire Wildlife Trust's youth engagement team.
- In partnership with the BVT Estates & Stewardship Team, our Grounds Maintenance Contractors and Lawley Village Green Group, are working to identify areas that could be enhanced around the village. Previously we have helped install more wildflower beds, flower tower planters, nature interpretation boards, wildlife habitats and community orchards. BVT are taking on more communal land in the future and we are scoping out areas for produce growing.





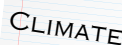
OUR Villages



Bournville & Other Areas Birmingham



Birmingham is made up of 5 distinct neighbourhoods, Bournville, Weoley Hill, Shenley, Northfield and Nechells. The neighbourhoods are a mix of owner occupiers and social rented properties, with a combined total of 8000 properties. BVT owns 22 Community Places and Spaces that include 3 community managed allotments, most of which are leased out to community groups. There is an abundance of open spaces, some of which are managed by Birmingham City Council. (BCC).





OUR Villages



Bournville & Other Areas Birmingham



Bournville - The largest and most recognised of all neighbourhoods. Focused around a Village Green in the centre of a conservation area, there are pockets of spaces that present as opportunities to form of IE project. There are a number of Heritage places and spaces that are under consultation to create a master plan proposal.

Weoley Hill - a beautiful neighbourhood focused on a green space where the Village Hall, Tennis Club and Bowling Green is located. It is a beautiful area with character properties and an active community scene.

Northfield - a blend of old and new properties, with some character properties. The neighbourhood is very well connected via green spaces. Hay Green allotments borders this area with real opportunities to deliver on community projects.

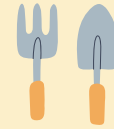
Shenley - a large neighbourhood that presents with a mix of old and new, following the development of Lower Shenley in 2010's. This saw an old youth community centre knocked down and rebuilt in a new location 1/2 mile from its original location.

Nechells - the smallest neighbourhood in Birmingham sits 2 miles east of central Birmingham. With 40 properties and some commercial units, there is a small green area and other areas that are managed by BCC. Community projects take on a partnership approach.





OUR Villages



The Quadrant area being repurposed

Current Projects

- For older residents in Birmingham, we are committed to gardening for health and wellbeing, BVT are currently in the process of setting up a gardening club at Rowheath House. We are hoping to grow some delicious vegetables and herbs.
- At The Quadrangle, we are looking to redevelop some old compost bays in our orchard, work is needed to clear and concrete the bay floors, together with surrounding bays with protective fabricated borders. Once this is complete, we will then be able to obtain some raised beds that will suit our elderly residents, whom will in turn will be able to grow a variety of edible produce. This project will look to enhancing the lives of those involved, by social interaction and outdoor activities are statistically proven to improve mental wellbeing. This is a great example of repurposing land use to suit the evolving needs of our communities.

Development Opportunities

- Around the 'Hub On The Green' we plan to repurpose disused garden into community allotment.
- Included in the Birmingham Tree Planting Trails will be routes, range of trees, website recipes and QR codes for information.
- Continuing to assess the current usage of areas and adapt to meet community focused purposes.
- Work with the Green Forum members to develop the project in Birmingham.
- Opportunities to engage young people in local schools as part of Youth Partnership work.





OUR Branches



Current Projects

'Engaging with Nature' is a project to develop the Selly Manor Museum period garden for the benefit of the museum's visitors and wider community. This important garden surrounds our two listed buildings - Selly Manor (a Tudor yeoman's house), and Minworth Greaves (a medieval hall house). In the past 12 months, we have increased planting to attract more wildlife to the garden and introduce more homes/habitats. To encourage families to explore nature, we have developed interactive displays and activities. We have also introduced a cycle rack to encourage visitors to use the green highways surrounding the museum.



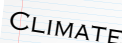
Development Opportunities

We have recruited a volunteer gardening team and established a partnership with Bournville Village Primary School, who regularly take part in gardening. The garden has already been of benefit to the Memory Café, which we co-run with St Francis Community Centre. They created herb bags and clay plant pressings, we hope to increase this type of activity as the garden develops. Our placement student from the University of Birmingham created content about the garden for the Selly Manor website.



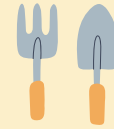
Our Legacy

George Cadbury was a revolutionary founder of the garden cities movement and passionate about connecting people with nature. Initially, in Bournville Village every house had a fruit tree planted in its garden and we are currently working to expand our community orchards in Telford to preserve this legacy.





OUR Branches



Current Projects

- In Lawley Village, local schools are heavily involved in many green projects. Children plant, grow and cook their own food at schools, pupils visit the local residential homes for intergenerational projects and families participate in activities with Shropshire Wildlife Trust and the Green Group..
- In Lightmoor Village, the charity Small Woods work with children who are not in education for opportunities and activities working outside with nature. There are many opportunities for young people to connect with nature in Lightmoor. As a part of Garden Gang children work with older residents in our care home who impart their gardening knowledge from life experiences. We created a forest school that Lightmoor Village Primary School and nursery use to work outside in our woodland. This is a fantastic example of ways we can promote residents having access to communal land locally.

Development Opportunities

- Use strong links with primary schools to develop youth engagement programmes and continue to work with community groups that cater for teenagers.
- Invest in intergenerational projects to use knowledge and learn from people within the community, this also supports local food growing and personal wellbeing for older residents.





OUR Branches



Older Person's Services



Current Projects

- In Lawley Village, our two partner care facilities for older persons, Lawley Bank Court and Telford Hall, work with BVT on projects and activities. Both homes have their own gardening areas and participate in clubs with their residents. Telford Hall has a potting area (that may be available for local groups to use), they grow their own vegetables and the work with local schools for gardening activities.
- In Birmingham, for older residents at Rowheath House and The Quadrangle, BVT are supporting new projects and investing in accessible raised beds. Using the expertise of older people, who are familiar with growing, we can develop projects that will grow food and promote wellbeing through practical activities.
- At Bournville House, we have residents that grow their own food, which is then in cooked and eaten in the restaurant onsite.

Development Opportunities

- In Lawley Village, we would like to support care homes with specialised equipment and for them to perhaps extend their vegetable plots, connecting with the local community to grow more produce.
- Projects in The Quadrangle and Rowheath House in Birmingham are both engaging with older residents to grow fruit and veg locally for community initiatives. The use of specialised raised beds is essential for accessibility and inclusion of our disabled and elderly residents.



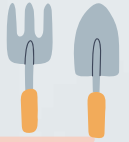


OUR



Action Plan

Build your own Future



Short-Term



- Build networks with schools and care homes
- Engage and establish new groups/networks
- Engage existing networks/groups/projects
- Identify existing or new opportunities to enhance/build on



Ultimate Aims

- Resident-led and Resident-sustained projects
- Green and open space used more sustainably



Communities That Thrive



Seasonal & Local

Barriers To Success



- Ownership and public space issues
- Coordination challenges
- Collective support across agencies
- Sustainability of projects and decommissioning funds

make your own ADVENTURE

Medium-Term



- Engage local groups to manage projects e.g. Allotments
- Identify new sites and projects (community-led)
- Establish a Lawley/Lightmoor/Birmingham Incredible Edible Group



Sustainability

Resources We Need



- **People!**
- Start up equipment for growing beds
- Tools and seeds/plants
- Specialised equipment e.g. raised beds for disability inclusion

Long-Term



- Design guides and plans for open spaces
- Are there spaces for long-term contract agreements?
- New groups/networks and for established/thriving

New People To Include



- Transition Network, Transition Telford
- Climate Action Hub
- Shropshire Good Food Partnership
- Mossy Life



Let it grow

Community Engagement

- Take portfolio to the local community and green organisations
- Travel to an established site with community groups for inspiration



Powered by people





OUR Contacts



INCREDIBLE EDIBLE & BOURNVILLE VILLAGE TRUST

How can you get involved?

We are seeking community volunteers to engage in all aspects of these projects. There is no need to be green-fingered already - you can learn on the way! This is about making a difference to the place where you live and building something for the community to share.

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Local community groups you can join:

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- Lightmoor Village - Green Gang
- Lawley Village - Green Group



Website www.bvt.org.uk



Fruit



CLIMATE



Health & Wellbeing

Grow Your Community

JOIN OUR INCREDIBLE EDIBLE COMMUNITY



We Need Help From You

- ✓ Community Consultations
- ✓ Annual produce swap/share/donation
- ✓ Fruit Pickers and Gardeners
- ✓ Knowledge & Experience
- ✓ Learning Opportunities
- ✓ Help Grow Your Community



**Engagement Events, Community
Action Days and Day Trips for 2024**



CONTACT US



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For Birmingham Areas email

communityadmin@bvt.org.uk



Website www.bvt.org.uk

**Projects starting in Lawley, Lightmoor
Village and Bournville areas.**



No experience needed, if you're
KEEN and GREEN we need you!



Grow Your Community



FRIDAY 10TH MAY
1.30PM-3.30PM

**LAWLEY COMMUNITY HUB,
UNIT 3 BIRCHFIELD WAY, LAWLEY,
TELFORD, SHROPSHIRE TF3 5BZ**

INCREDIBLE EDIBLE Engagement Event

*Meet Pam Warhurst CBE
Founder of Incredible Edible*



Join us to:

- ✓ Help your community grow healthy food for everyone
- ✓ Find out more about the Incredible Edible movement
- ✓ Consult with partner groups on collaborative approaches

CONTACT US

Projects starting in Lawley, Lightmoor
Village and Bournville areas.



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Grow Your Community

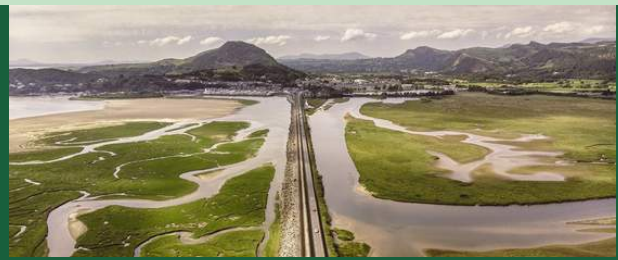


WEDS 5TH JUNE 24

FULL DAY TRIP - TIMES TBC

FREE COACH TRIP FROM BIRMINGHAM & TELFORD, CONTACT US FOR DETAILS

INCREDIBLE EDIBLE Porthmadog Green Day Trip



Join us to:

- ✓ Visit Porthmadog in North Wales to share green ideas
- ✓ Join the coach trip day out with green-minded people
- ✓ Meet others from the Incredible Edible community

REGISTER NOW

Coach pick ups and drop offs from Bournville, Lawley and Lightmoor Village



For Lawley or Lightmoor Village email events@bvt.org.uk

For Birmingham Areas email communityadmin@bvt.org.uk



Website www.bvt.org.uk

No experience needed, if you're KEEN and GREEN we need you!

Gardener's Pocketbook - How To Get Started

GARDENING CALENDAR



January

Protect your garden from frosts, winds and rain. Start planning garden plot for the next year.



February

Trim bushes and evergreen hedges. Prepare seed beds. Chit potato tubers.



March

Sow seeds. Trim winter shrubs. Clean up around the garden. Plant shallots, onion sets, early potatoes, summer-flowering bulbs.



April

Finish any digging. Start sowing outdoors. Sow hardy annuals and herb seeds. Watch out for late frosts.



May

Sow and plant out bedding. Earth up potatoes. Plant out summer bedding. Mow lawns weekly.



June

Hoe weeds regularly. Sow Beans. Water trees. Harvest lettuce, radish, other salads and early potatoes



July

Water tubs and new plants. Deadhead bedding plants. Harvest zucchini.



August

Water your garden. Prune summer-flowering bushes. Collect seeds. Harvest sweetcorn and other vegetables



September

Harvest fruits and vegetables. Pot up herbs. Sow broad beans and hardy peas. Plant spring flowering bulbs.



October

Clear up fallen leaves. Move tender plants into the greenhouse. Plant out spring cabbages.



November

Start a new compost heap. Plant tulip bulbs. Plant out winter bedding. Prune roses.



December

Check garden winter protection. Prune apples and pears. Take hardwood cuttings.

9 THINGS TO KNOW BEFORE STARTING A GARDEN

- YOUR HARDINESS ZONE
- YOUR GARDENING SEASON
- WHAT GROWS WELL IN YOUR AREA
- HOW MUCH LIGHT YOU HAVE TO WORK WITH
- THE TYPE OF SOIL YOU'RE WORKING WITH
- HOW MUCH TIME YOU CAN DEDICATE TO YOUR GARDEN
- YOU WILL NEED TO FEED YOUR PLANTS
- BASIC SIGNS OF PESTS AND DISEASE
- GARDEN COSTS AND EXPENSES

British Home Growers Seasonal Produce Calendar

See separate general produce calendar for imported/farmed produce.

JANUARY – Forced rhubarb, Celeriac, Parsnips, Purple sprouting broccoli, Kale, Leeks, Swede

FEBRUARY - Forced rhubarb, Celeriac, Parsnips, Purple sprouting broccoli, Kale, Leeks, Swede, Cabbages, Carrots

MARCH - Forced rhubarb, Purple sprouting broccoli, Leeks, Spring onions, Radishes

APRIL - Outdoor rhubarb, Asparagus, Beetroot, Cabbages, New potatoes, Spring greens, Morel mushrooms, Watercress

MAY – Elderflowers, Outdoor rhubarb, Asparagus, Broad beans, Beetroot, Peas, Radishes, Wild rocket, Watercress

JUNE – Blackcurrants, Cherries, Gooseberries, Elderflowers, Loganberries, Redcurrants, Outdoor rhubarb, Asparagus, Broccoli, Broad beans, Beetroot, Carrots, Peas, Cucumber, Radishes, Turnips

JULY – Blackcurrants, Blueberries, Cherries, Gooseberries, Raspberries, Redcurrants, Outdoor rhubarb, Strawberries, Carrots, Globe artichokes, Beans (broad, French, runner), Courgettes, Cucumber, Fennel, Shallots, Sweetcorn, Tomatoes

AUGUST – Apples, Blackberries, Blackcurrants, Blueberries, Pears, Plums, Raspberries, Redcurrants, Strawberries, Aubergines, Beans (broad, French, runner), Broccoli, Carrots, Courgettes, Fennel, Leeks, Wild mushrooms, Pumpkins, Squash, Sweetcorn, Tomatoes

SEPTEMBER – Apples, Blackberries, Blackcurrants, Damsons, Plums, Raspberries, Aubergines, French beans, Runner beans, Broccoli, Carrots, Courgettes, Kale, Wild mushrooms, Sweetcorn, Tomatoes

OCTOBER – Apples, Pears, Crab apples, Damsons, Quinots, Jerusalem artichokes, Broccoli, Brussels sprouts, Celeriac, Chicory, Kale, Parsnips, Pumpkin, Squash, Swede

NOVEMBER – Apples, Pears, Quinots, Sloes, Brussels sprouts, Celeriac, Celery, Cauliflower, Wild mushrooms, Parsnips, Pumpkin, Swede, Turnips

DECEMBER – Apples, Pears, Jerusalem artichokes, Cabbages, Celeriac, Celery, Parsnips, Pumpkin, Swede, Turnips

Note:

This calendar is a general guide to seasonal British produce. We understand we may have missed some fruit and vegetables off.

This is our first edition and we will update periodically.

January



February



March



April



May



June



July



August



September



October



November



December





Alpine strawberries

A perennial, ever-bearing type. Sow seeds indoors in early spring. Move the plants into the garden when they are large enough to handle, spacing them 12 inches apart.



Basil

This herb lasts until frost if you keep cutting the tips so it doesn't flower too much (leave some blooms for the bees). Tuck these outside the tomato cages.



Beets

A bed of beets will give you greens all season, plus baby beets in early summer and large beets later. Grow them 3 inches apart in the row, or sow 1 inch apart and thin gradually.



Broccoli

Look for varieties with good side-shoot production. They'll continue to bear once the central head has been harvested. Close planting (12 inches apart) also favors side shoots.



Carrots

Sow in stone-free soil. Harvest throughout the summer, fall, and even winter. Grow both early and late crops, spacing rows 6 inches apart and plants 2 inches apart.



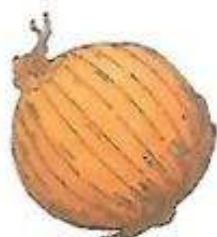
Cucumbers

A few plants are enough. Even one will provide plenty for salads and sandwiches. Either trellis the plants, 12 inches apart, or let them sprawl, allowing 4 to 6 square feet per plant.



Lettuca

Grow three crops, in spring, summer, and fall. In hot weather grow a resilient variety such as Jericho. Plant regular heads 12 inches apart; miniheads, 8 to 10 inches apart.



Onions

Planting onion sets (dime-size onions) in spring is easy. Just poke them into the ground, 4 inches apart. After harvest, onions can be stored at room temperature.



Parsley

From a spring sowing, you can cut this herb all summer, fall, and even into winter. Tuck in a few plants outside the tomato cages.



Peppers

Nutritious to eat, but expensive to buy at your grocer. Grow some hot, some sweet, planting them 12 to 18 inches apart. Peppers need warmth even more than tomatoes do.



Pole beans

These beans bear over a long season. On trellises, grow plants 6 inches apart. For single poles, set poles 18 inches apart, sowing 6 seeds at the base of each and thinning to 3.



Salad mix

Seeds may include lettuces and greens such as arugula and mizuna. Sow them thickly and harvest often, cutting close to the ground whenever leaves reach 3 inches tall.



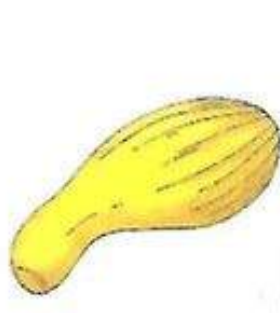
Scallions

These nonbulbing onions produce abundantly from seeds sown 1/2 inch apart. Or plant onion sets 2 inches apart and harvest every other one at scallion size.



Sugar snap peas

These are very high-yielding peas that you eat pod and all. Grow them on a trellis (or on a twiggy branch staked in the ground) with plants 3 to 4 inches apart.



Summer squash

One or 2 plants are all you need if you pick every day or so to keep them coming. Allow about 9 square feet for the plant to sprawl.



Swiss chard

One of the few greens that bears all summer long, and on into fall. Grow plants 10 inches apart, or sow more thickly and eat what you thin, as with beets.



Tomatoes

Just 2 plants will keep you in salads: 1 beefsteak and 1 cherry tomato. Add a paste tomato for making sauce. Plant them 2 to 3 feet apart. Use cages for support.

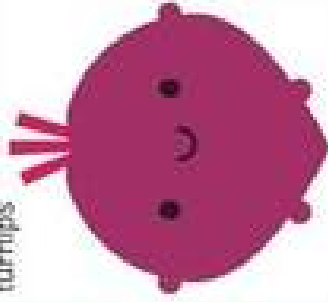


Tuscan kale

You have to try this deep-blue-green kale to know how tender and delicious it is. Harvest all summer and fall. Space plants 12 inches apart in rows.

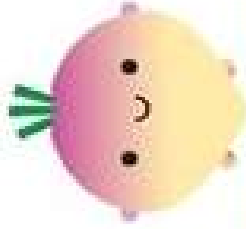
JANUARY

beetroot, brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, leeks, kohlrabi, parsnips, potatoes, salsify, shallots, swede, turnips



FEBRUARY

brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, leeks, kohlrabi, parsnips, potatoes, salsify, shallots, swede, turnips



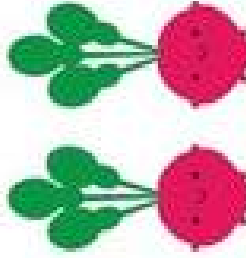
MARCH

cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede



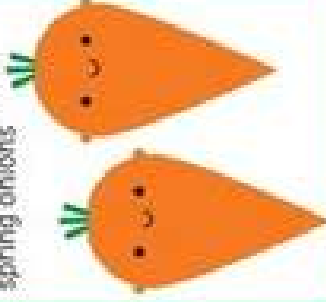
APRIL

asparagus, broccoli, Jersey royal new potatoes, lettuce, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions



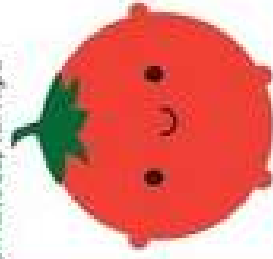
MAY

asparagus, broccoli, carrots, lettuce, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions



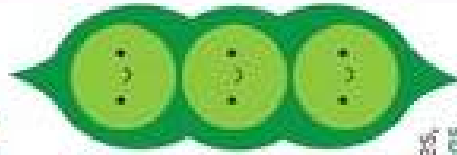
JUNE

artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mangetout, new potatoes, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips



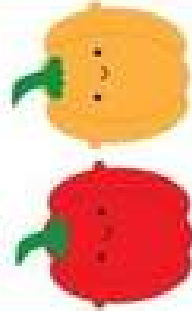
JULY

artichoke, aubergine, beetroot, broad beans, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mangetout, new potatoes, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips



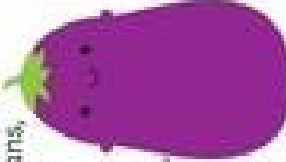
AUGUST

artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, kohlrabi, lettuce, mangetout, marrow, mushrooms, pak choi, peas, peppers, potatoes, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips



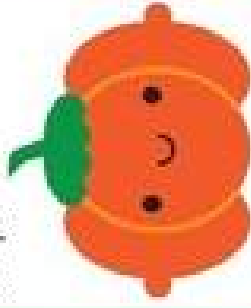
SEPTEMBER

artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celery, courgettes, cucumber, fennel, french beans, kale, kohlrabi, leeks, lettuce, mangetout, marrow, mushrooms, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, shallots, spring onions, squash, sweetcorn, tomatoes, turnips



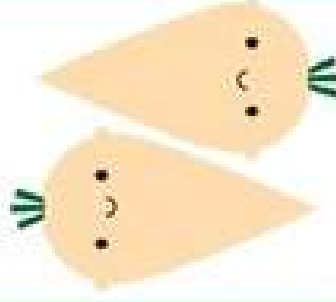
OCTOBER

artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, fennel, kale, kohlrabi, leeks, lettuce, marrow, mushrooms, parsnips, potatoes, pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, sweetcorn, tomatoes, turnips



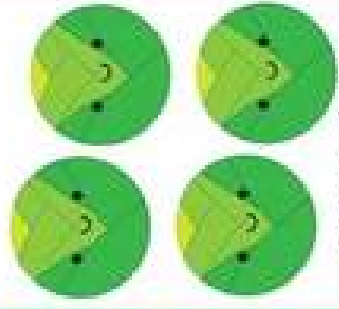
NOVEMBER

artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, pumpkin, salsify, shallots, swede, turnips



DECEMBER

beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, salsify, shallots, swede, turnips



SEASONAL VEG IN THE UK

JANUARY
APPLES, RHUBARB



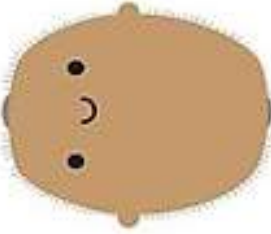
+ blood oranges,
clementines, kiwi fruit,
lemons, oranges,
passionfruit, pears,
pineapple,
pomegranate,
satsumas, tangerines

FEBRUARY
RHUBARB



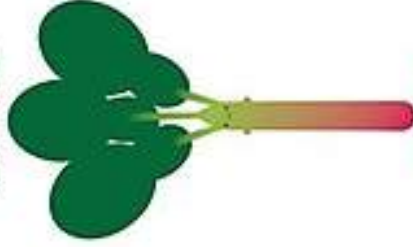
+ bananas, blood
oranges, clementines,
kiwi fruit, lemons,
oranges, passionfruit,
pineapple,
pomegranate

MARCH
RHUBARB



+ bananas, blood
oranges, kiwi fruit,
lemons, oranges,
passionfruit, pineapple

APRIL



RHUBARB
+ bananas, kiwi fruit

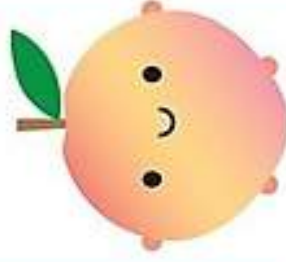
MAY
RHUBARB



+ bananas, kiwi fruit

JUNE

BILBERRIES,
BLUEBERRIES,
CHERRIES,
GOOSEBERRIES,
GREENGAGES,
STRAWBERRIES

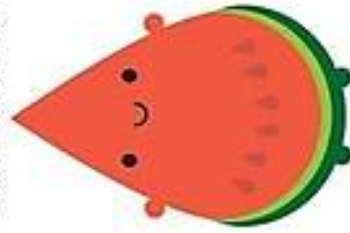


+ apricots, kiwi fruit,
peaches

SEASONAL FRUIT IN THE UK

JULY

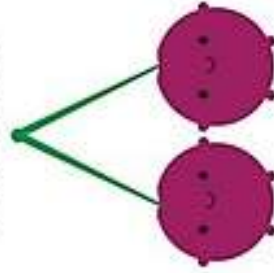
BILBERRIES,
BLUEBERRIES,
CHERRIES,
GOOSEBERRIES,
GREENGAGES,
STRAWBERRIES



+ apricots, kiwi fruit,
melons, peaches

AUGUST

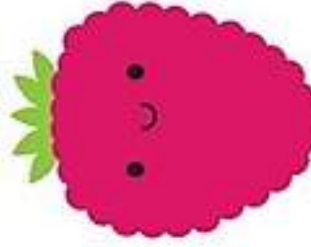
BILBERRIES,
BLUEBERRIES,
CHERRIES, DAMSONS,
GREENGAGES,
LOGANBERRIES,
PLUMS, RASPBERRIES,
REDCURRANTS,
STRAWBERRIES



+ apricots, figs, melons,
nectarines, peaches

SEPTEMBER

APPLES, BILBERRIES,
BLACKBERRIES,
DAMSONS,
ELDERBERRIES,
MEDLAR, PEARS,
PLUMS, RASPBERRIES,
REDCURRANTS



+ figs, grapes, melons,
nectarines, peaches

OCTOBER

APPLES,
BILBERRIES,
BLACKBERRIES,
ELDERBERRIES,
MEDLAR,
PEARS,
QUINCE

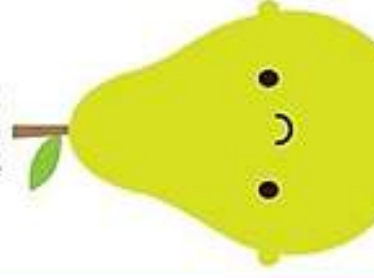


+ figs, grapes

© Asking For Trouble

NOVEMBER

APPLES, PEARS,
QUINCE



+ clementines,
cranberries,
passionfruit,

pomegranate, satsumas

DECEMBER

APPLES, PEARS



+ clementines,
cranberries,
passionfruit, pineapple,
pomegranate,
satsumas, tangerines

A Good Place To Start

Fruit & Veg That Love Containers



STRAWBERRIES



BROCCOLI



KALE



COURGETTES



BLUEBERRIES



PEAS

Veg That Grow In The Shade



Fast Maturing Veg



ROCKET



DWARF FRENCH BEANS



SPINACH



RADISH



LETTUCE



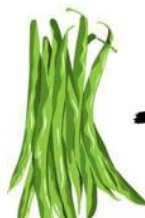
CARROTS



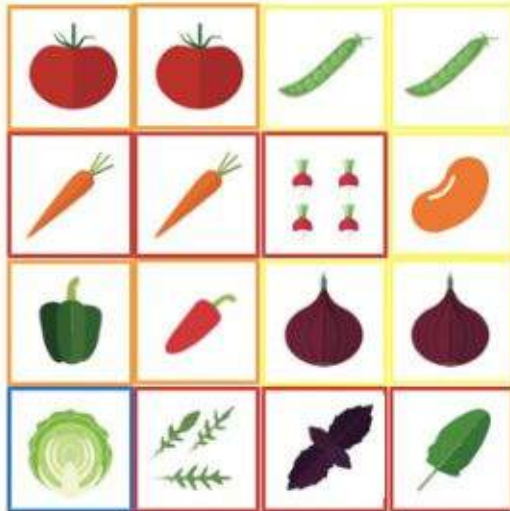
PEA SHOOTS

Veg To Plant Together

COMPANION PLANTING



SALAD GARDEN

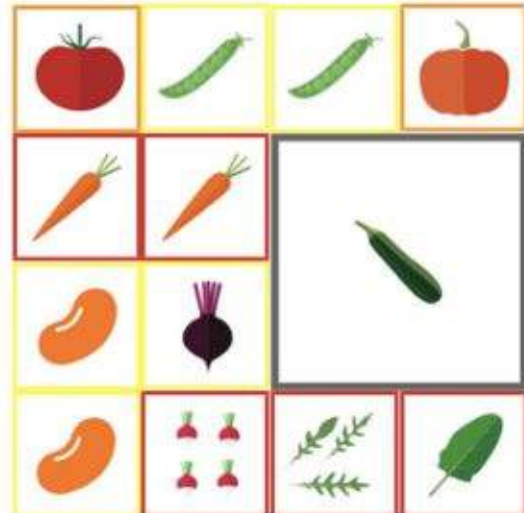


- Tomatoes require staking
- Peas require staking
- Head lettuces require blue spacing, leaf lettuces require red
- Bush beans recommended

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KIDS GARDEN

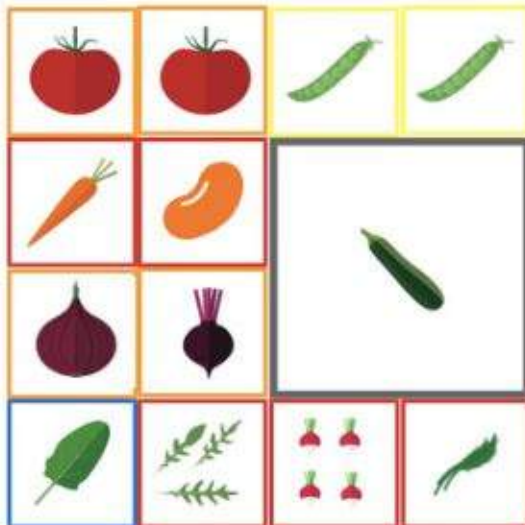


- Tomatoes require trellis
- Peas require trellis
- Pumpkins require trellis. Only use mini pumpkin varieties like Jack the Little or Baby Boo
- Bush beans recommended

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BEGINNER GARDEN

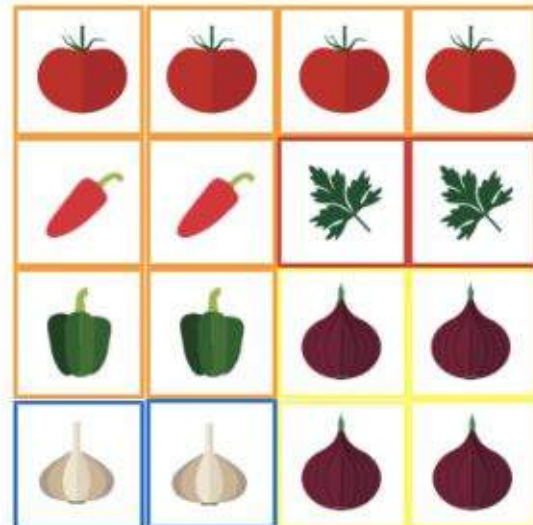


- Tomatoes require trellis
- Peas require trellis
- Swiss Chard
- Herb of your choice
- Bush beans recommended

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SALSA GARDEN



- Tomatoes require staking. Roma is recommended for best results
- Cilantro, or any other herb you want to grow fresh for your salsa

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4 SQUARE FOOT GARDENING templates