

Watch it Grow

Growing plants together

to support the mental health and wellbeing of the local community and NHS staff.



Watch it Grow

A partnership between the **John Evelyn Community Garden & Grove Medical Centre**.

To support the mental health and wellbeing of the local community and NHS staff, by growing plants together during Covid-19

Join us by taking part in growing and nurturing plants at home.

Grow bags with plants and instructions will be provided by the community garden and delivered or collected.

- * Available for all ages (young to old) and families
- * Connect with others in a shared activity
- * Make new friendships and have fun
- * Learn about growing plants, food and staying well
- * Connect with the local community and garden
- * Improve wellbeing by harnessing the health benefits of gardening

We are currently focussing on offering the project to local people affected by Covid-19 and local NHS staff.

Watch it Grow

John Evelyn Community Garden

Sunflower - F1 Suntastic Yellow

Helianthus spp



- **Height**
20-30 cm
- **Flowers**
Jul-Sep
- **Habit**
Full sun
- **Edible plant**
Flower & seeds

A bushy, dwarf variety that is early & long blooming, producing sunny yellow flowers with dark centres.

Easy to grow and a real favourite with children.

Pollen-free varieties are ideal for hay fever sufferers.

Use petals & seeds in salads & cakes.

Suitable for cutting.

Ideal for pots & tubs, beds & borders.

Attractive to pollinators.

Photos credit to Suttons Seeds website

Watch it Grow

John Evelyn Community Garden

Where to put your plant:

Place the plant in the sunniest room in your home, on a window sill or shelf. This plant loves sun.

Watering:

Your plant likes water & you should check the soil is damp but not soaking wet. Water enough so the soil doesn't dry out.

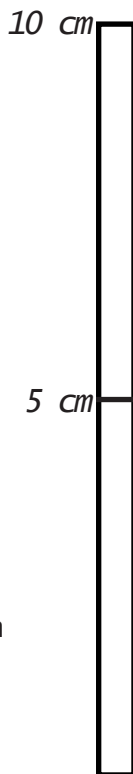
When to repot:

When your plant is about 10 cm high you will need to put the plant into a bigger pot.*

Your plant flowering by August.

You can cut the flowers & the plant will grow new ones. The petals are edible, add them to a salad or decorate a cake.

The seeds can be eaten. To harvest the seeds wait till the flower is completely dry & remove the seeds & seed shells. These can be added to salads too.



Further information:

<https://www.rhs.org.uk/garden-inspiration/grow-your-own/grow-veg-in-lockdown>

*The community garden can provide new pots with soil for repotting your plant.

Get in touch by

text: 07833400467 or

email: johnevelyn1620@gmail.com

Watch it Grow

John Evelyn Community Garden

Dwarf French Bean - Borlotto Firetongue

Phaseolus vulgaris



- **Height**
41-50 cm
- **Harvest**
Jul-Oct
- **Habit**
Full sun
- **Edible plant**
Seeds (beans)

An Italian easy to grow specialty bean for fresh use or as dried seeds / haricots. (Do not eat raw).

The seeds and pods are attractively mottled and will last throughout winter if stored in airtight jars.

Health Benefits: Source of vitamin A.

Cooking tips: Delicious when no thicker than a pencil and can be sliced or cooked whole.

Photos credit to Suttons Seeds website

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Where to put your plant:

Place the plant in the sunniest room in your home, on a window sill or shelf. This plant loves sun.

Watering:

Your plant likes water & you should check the soil is damp but not soaking wet. Water enough so the soil doesn't dry out.

When to repot:

When your plant is about 10 cm high you will need to put the plant into a bigger pot.*

Your plant should be fully grown by 12 weeks from sowing (see date on pot).

These plants producing plenty of string less pods over a long period if picked regularly.

Support plants with a cane after repotting or planting in a garden.

For winter use, pull plants and allow seeds to dry in a cool airy place.

Store in airtight container e.g. jar.

10 cm

5 cm

Further information:

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Watch it Grow

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Beetroot - Boltardy *Beta vulgaris*



- **Height**
40 cm
- **Harvest**
12-16 weeks maturity.
- **Habit**
Sun or shade
- **Edible plant**
Root & leaves

‘Boltardy’ produces round roots with a superb sweet flavour and tender flesh.

CULINARY TIPS: Tops of young roots can be used as spinach.

HEALTH BENEFITS: Roots rich in potassium and folate plus some vitamin C, and known to improve the immune system.

Watch it Grow

John Evelyn Community Garden

Cactus Flowers of the Desert



- **Height**
30 cm
- **Germination**
2 weeks - 2 months
- **Habit**
Sun or shade
- **Perennial plant**
Flowers

Native to the Americas, these unusual spikey plants add continual year round charm and interest to your home. 'Flowers of the Desert' is a blend of varieties providing different shapes and sizes.

Sow indoors at any time. A warm kitchen windowsill is all you need for starting these seeds. Keep moist. Germination may be slow and erratic, from two weeks to two months.

When mature, allow plants to dry out before watering. Do not water at all between October and March.

Watch it Grow

Stay Connected with Watch it Grow

We want you to enjoy being part of the project and stay connected with the community, other participants as we grow plants together



Join the facebook group
www.facebook.com/watchitgrowproject



Set up your own Whatsapp group

Share photos, stories and the project with friends & family

Learning how the project helps you

We want to learn about how being involved in the project helps with your mental health and wellbeing.

This will improve the project for the future

- You may receive a call to discuss how the project is going and any feedback
- We will send you text messages to stay in touch
- If you don't want to be contacted, please let us know

Alternatively, you can email us at the garden email

johnevelyn1620@gmail.com

Many thanks to the Pear Tree Kitchen for donation of bags for the project



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