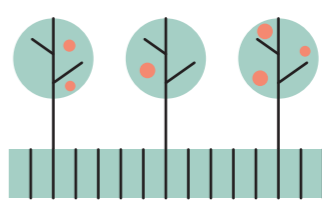




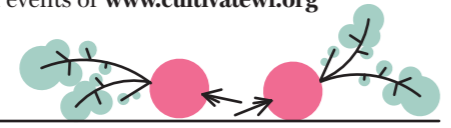
The Cultivate Grow Your Own Challenge



1
March

Get ready to grow

Pick up tips, seeds, seedlings and sourdough starter kits at Cultivate Festival events, workshops and open days. Within three weeks you could be eating your own radishes. By summer your entire lunch could be homegrown. You can download the programme online or pick up a copy in Waltham Forest Libraries. Sign up for occasional Cultivate Waltham Forest newsletters at festival events or www.cultivatewf.org



2
March
April

Preparing to sow

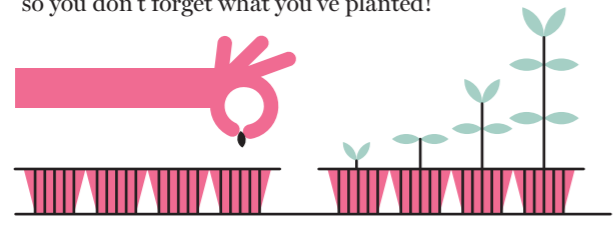
Clean pots and containers for this season's crops. Collect containers for indoor seed sowing. Decide what tools you need, share and borrow with neighbours and friends - and sign them up to the challenge too! Stock up on potting compost and grow bags. Fertilise vegetable plots ready for new plants.



3
March,
April, May,
June

Starting to sow

Plan your spring-summer planting calendar, be prepared to adapt plans in case of last frost. Plant seeds and young plants according to the instructions overleaf. Everyone has a task - kids can sow seeds and parents can write labels so you don't forget what you've planted!



4

Help your plants grow

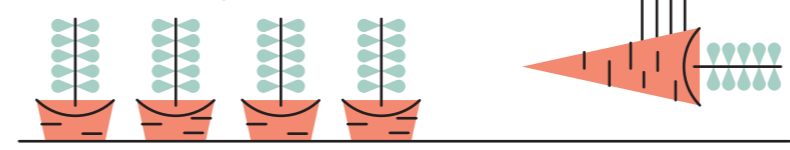
Follow advice about feeding and watering plants, and protecting plants from intense heat or wind, or garden pests. Rumour has it that plants love a little bit of conversation, even a song. Tell us your tricks for bringing a lustre to the leaves with a tweet to [@CultivateWF](https://twitter.com/CultivateWF)



5

Reap what you sow

Enjoy the distinctive flavour of your fresh home grown produce throughout summer, freeze and preserve excess for winter feasts. Keep picking fruits, beans and salad leaves regularly, it encourages more to grow. For more info on how to grow and recipes for preserves, and to share your growing stories and photographs look at our resources page on www.cultivatewf.org or send a tweet to [@CultivateWF](https://twitter.com/CultivateWF)



6
18th July

Waltham Forest Summer Produce Show

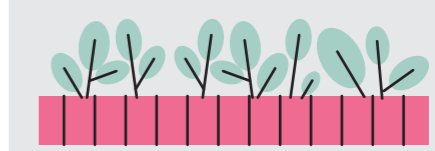
Walthamstow Garden Party, Lloyd Park, Forest Road. Find us at Appetite Market Place, Artillery Island. Show your summer crop successes and surprises in these three categories:

- 1. Fresh produce:** a selection of what you are eating fresh from your plants.
- 2. Preserved produce:** pesto, jam, jelly, chutney, pickles and sourdough bread.
- 3. Ingenious planters:** entries by photo showing the most ingenious solutions to maximise growing space in small areas.

Don't forget to register to take part in the Summer Produce Show at www.cultivatewf.org by **Sunday 12th July**. Or simply come along and see other people's prize crops at the Garden and see the judges' favourites on **18th July**.

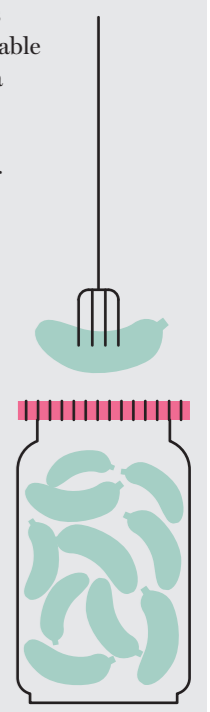


The next rotation!
Cultivate 2016 - join our mailing list for early announcements of next year's festival. Sign up via: www.cultivatewf.org



Ingenious Planters!

Urban food growing often calls for ingenious solutions to make the most of the space available for plants. What have you transformed into a productive food growing container? Send us photos of your inventions to be entered into this category of the Waltham Forest Summer Produce Show. For more information see www.cultivatewf.org



Preserves and picnics

We hope all our growers enjoy abundant crops this summer. What do you do when there is more fruit and vegetables than you can possibly need in a week? Do you have a neighbourhood picnic? Or do you settle in for a session of slicing, chopping, pickling, and preserving? Post stories of your picnics at CultivateWF.org. And let us marvel at your delicious preserves at the Waltham Forest Summer Produce Show - register to enter at www.cultivatewf.org



Sourdough Bread

What better way to enjoy preserves than on a piece of freshly-baked bread? We want to see your home baked sourdough bread at the Produce Show. Sourdough makes deliciously tasty bread - it's made by a long fermentation of dough which needs weekly feeding. Pick up a sourdough starter portion from The Fermentarium at Blackhorse Workshop. Can you keep it alive long enough to bake a loaf for the Produce Show? Get information, advice and recipes from www.cultivatewf.org

