OXFORDSHIRE PUMPKIN FESTIVAL

...GETS GROWING!

**HOW TO**

**PLANT YOUR SEEDS:**

**WHEN?** You can start seedlings in trays or small pots under glass, for instance in a greenhouse or conservatory, from mid April. Or you can plant outside directly after the last frost around mid May. You can make a mini greenhouse for each plant with a glass jar or plastic bottle.

**WHERE?** If planting in trays, keep them in a brightly lit, warm space. Before planting the seedlings out after mid May, harden them off by moving the seedlings outside during the day and back inside during the night. This avoids giving the small plants a temperature shock.

**HOW?** Plant one seed per tray or pot, and keep moist but not too wet. Avoid overwatering.

**Map your growing space or find a community garden near you on the Good to Grow Map:**

goodtogrowuk.org/map

**HOW TO**

**CARE FOR YOUR PLANTS:**

- Add some compost to the soil before planting.
- Each grown plant will need 1-2 sq metres of space.
- Water regularly during dry periods.

Share your growing success:

#VegPlacesOxon @goodfoodoxford #GoodToGrow2021 

More growing tips and video tutorials:

www.goodfoodoxford.org/pumpkin-festival
TOP TIPS TO SQUASH FOOD WASTE:

Volunteer with Replenish Oxfordshire as a composting and food waste advisor, or volunteer with one of the fantastic Oxfordshire groups helping to redistribute food surplus and support people in food poverty: goodfoodoxford.org/getinvolved/volunteer

Learn skills like preserving and foraging with Abundance Oxford: facebook.com/groups/abundanceoxford

Learn to make the most of your food and save up to £700 a year with tips from lovefoodhatewaste.com

Use the OLIO and Too Good To Go apps so surplus food can be shared, not thrown away. Buy seasonal and local to reduce supply chain waste.

If you really can’t eat it, compost it or recycle it in your green food caddy which will get collected by your council weekly.

More tips and tutorials on home composting and food growing:

@harvestathomeuk
@replenishoxfordshire

... and subscribe to the Replenish newsletter by May 31st for a chance to win a womery composting system: replenishoxfordshire.com

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