



GIVEAWAY

× SEED TO CELEBRATION ×

GIVEAWAY

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INTRODUCTION



4

Hello, welcome to Seed to Celebration!

Seed to Celebration is all about celebrating life cycles to promote self sufficiency. This diagram illustrates a cycle in terms of seasons:



1

The beginning of the cycle is about getting started. We call it 'spring into action', and think spring is a good time to start growing our selected 16 plants, especially growing from seeds.
Visit 'Part 1: Spring into Action' >

2

Mid way through the cycle is about harvesting the same 16 plants. We call it 'Summer Snacks', and think summer is the best time to eat fresh straight from nature.
Visit 'Part 2: Summer Snacks' >

3

As we move towards the end of the cycle, we offer ideas on how to make crafty gifts from these 16 plants before all the produce disappears. We call it 'time to preserve' and we hope the gifts are enjoyed at the end of this cycle and at the festive period.
Visit 'Part 3: Time to Preserve' >

This book contains interactive links and QR codes which connects you to a website where you can find out what to do next with your garden or outside space, your produce and everything else from seed to celebration.



READ: for users of the printed book



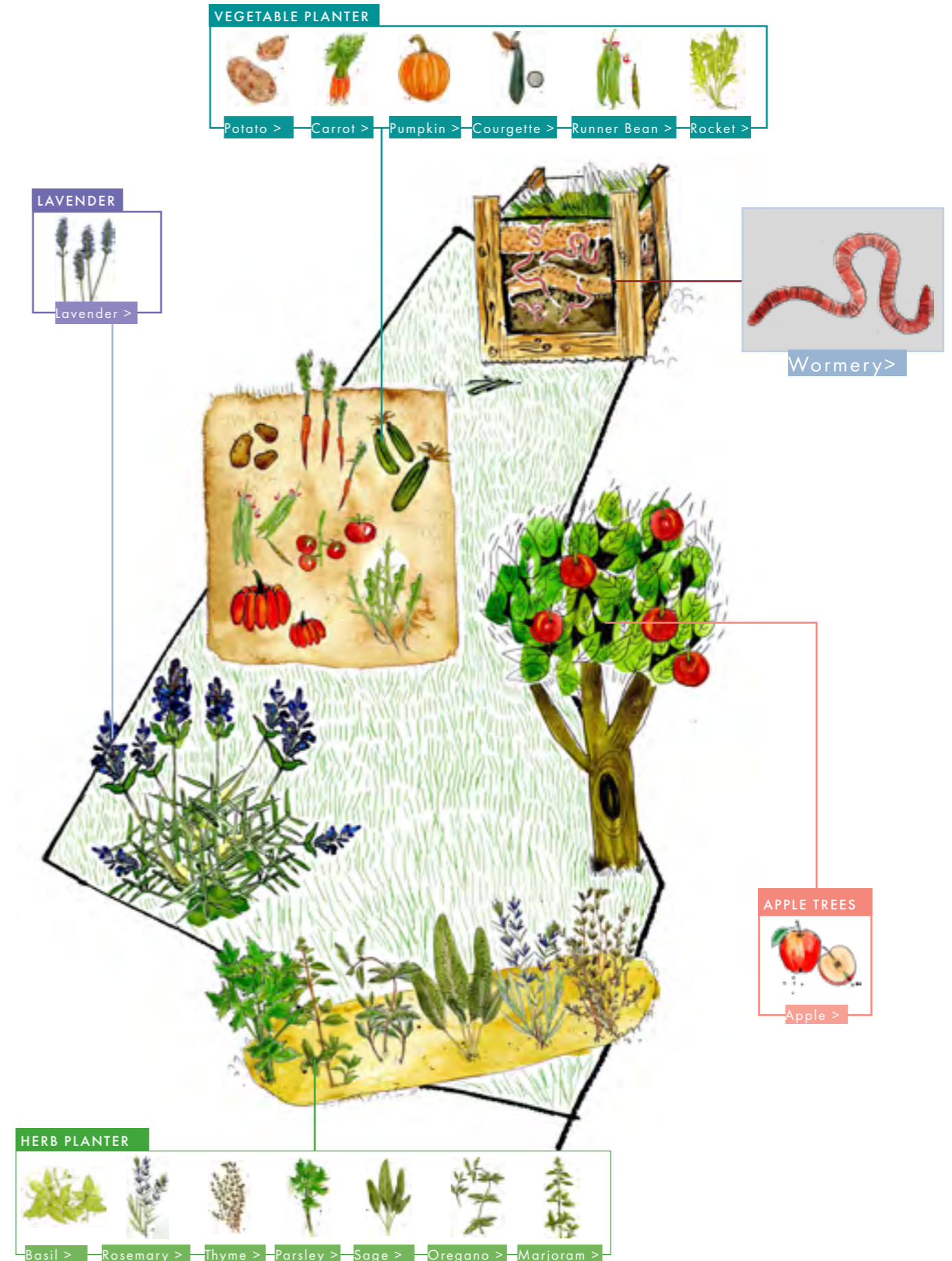
CLICK: interactive links available when using book on an electronic device



SCAN: scan code for direct connection to the website



Example: This plan illustrates a garden or outside space with the 16 plants. The plant labels are interactive. Go ahead and click the [Links >](#)



Part 1: SPRING INTO ACTION

Managing your garden or outside space should happen all year round. However, for this book, we have decided that between March and June (spring time) is the best time to make a start and to spring into action.

In this section:

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KEY:

The clickable red letters below refer to the following instructions:

- [C](#)> - Chitting
- [CS](#)> - Collecting seed
- [D](#)> - Digging Over
- [GS](#)> - Leave to go to seed
- [M](#)> - Mulching
- [MC](#)> - Managing compost
- [HA](#)> - Harvest
- [P](#)> - Prune existing plant
- [PO](#)> - Planting seedlings out
- [PS](#)> - Planting seeds
- [PW](#)> - Priority Watering
- [PU](#)> - Potting up
- [T](#)> - Thinning out
- [UC](#)> - Using Compost
- [SS](#)> - Growing specifically for seeds
- [W](#)> - Weeding
- [WJ](#)> - Using worm juice.

The above instructions are key tasks for your garden and are to be read alongside 'The Planner' on page 50-51 which will help you become self sufficient and celebrate what you have grown.

Click here:

[The Planner >](#)

Other useful terms helpful for this book are as follows:

1. **Compost:** organic matter that is decomposing into soil.
2. **Fertiliser:** a product which helps plants grow.
3. **Mulch:** a layer of material applied to the surface of soil.
4. **Seeded:** a plant which begins providing seeds.
5. **Seedling:** Small plant grown from seed.
6. **Worm castings/ Worm juice:** worm poo / worm juice which has broken down into soil.

The objective behind the Seed to Celebration concept is to promote self-sufficiency. It does this by: (1) saving the seed for the following year, (2) making and using worm compost, (3) and most importantly to enjoy the harvest so you are inspired to continue the work the following year.

It is important to understand that every garden and outside space is different and every plant faces different challenges so we have not tried to summarise all gardening information in this book. For that you must read other instructions and do additional research.

The information we have provided is a general set of instructions designed to support this self sufficient concept. We have done this by providing you a platform to access information and have prioritised the following: (1) saving the seed, (2) growing with worm compost (3) and how to enjoy harvest...

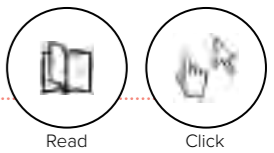


What makes this book unique is the gardening information is specifically designed so you enjoy the harvest later in the year. And not just this year but also the next and the year after that and so on... As the image above suggests, we are always asking "what happens next".

Before you start :

- **Seeds:** The objective is to continue using seeds from the previous season. If this is the first season, or there are no seeds which have been saved, seeds from the shops could be used instead. If this is the case, try and not to select F1 varieties. Also, bare in mind that different varieties grow in different time-scales, so choose the varieties which are ready to harvest for the intended finish date.
- **Wormery:** Worm castings and worm juice are mentioned within the instructions. If there is no wormery or if the worm castings run out, fertilisers and compost products from the shops could be used instead. Try and choose the organic products.
- **Harvest:** August has been chosen for the celebration and harvest. If August is not the right month then other dates for harvest or celebration can easily be programmed, just make sure you choose the variety which grows in time (as mentioned above).

Once up and running, consider whether you have the capacity to undertake other sustainable ideas such as rainwater harvesting, crop rotation, pollinators as appropriate to the garden. We would love to help you develop these ideas.



* The following instructions are general principles. For further guidance see [The Planner](#) (pg 50-51):

SEED:

1. Late winter (January to February).

Chitting potatoes: [C](#)>

- Collect the potatoes from previous year.
- Cut in half so it is a size of an egg and place the potato in a cool and light place and leave it to sprout.

2. Early spring (March to April).

Planting out potatoes: [PS](#)>

- Find a different location from the year before.
- Dig a trench and place the seed potatoes from the year before into the trench with the rose end facing upwards and pull the soil back over.

Planting seed into pot: [PS](#)>

- For runner bean, courgette and pumpkin seeds, fill up a pot (at least 30cm deep) with worm castings (the compost).
- Push the seed from the previous year into the soil and scatter with a layer of castings.
- Ensure the soil is always slightly damp .

3. Mid to late spring (April to May).

Sowing seeds: [PS](#)>

- For the carrot and rocket seeds- improve the existing soil by digging over the soil to a depth of the fork and rake away the stones and lumps.
- Sow the seeds (from the previous year) 12mm deep on the worm castings (compost).
- Scatter worm castings (compost) over the top of the seeds and ensure the soil is always damp.

4. Mid to late spring (May to June).

Planting out vegetables planted in pots: [PO](#)>

- Dig hole twice the size of the pot.
- Remove the plant from the pot and place in the hole.
- Firm soil around the plant.
- Ensure the soil is always slightly damp.

• Late spring (June).

Thinning out carrot and rocket: [T](#)>

- Once the seeds have germinated and started growing small green leaves go over your rows and pick out the weakest looking leaves.
- Leave a 2cm - 4cm around remaining plants.

5. Late spring early summer (June- July).

- Plant out again the carrot plant which was lifted the autumn before. The idea is to grow the plant specifically for its seeds. This carrot plant will hopefully soon provide seeds. [PO](#)>

1

GROW:

1. Early spring (March to April).

- Use approximately one wheelbarrow of rotted down compost and spread over the vegetable bed.
- For the carrots and the potatoes (root veg) dig a trench and loosen the soil: [D](#)>

2. Spring and summer (April to July).

- Keep the vegetables well watered [PW](#)> and each week feed the vegetable bed with wormery juice from the wormery (the fertiliser), using the following rule: [WJ](#)>
- Mix 1 cup of worm juice with 5ltr watering can.
 - Pour on the entire vegetable bed.

3. Spring and summer (March to September).

- Weed the beds weekly using this rule: [W](#)>
- Weeds smaller than 10cm, cut away at base and feed to wormery (use compost heap if full).
 - Weeds larger than 10cm, pull the entire plant and the roots and compost.

4. Autumn: (November to December).

- Place cardboard on top of the bed, and cover the cardboard with compost (cardboard will rot). [M](#)>

2

HARVEST:

1. Mid to late summer (July- August).

- Harvest the courgette [HA](#)> and collect the seeds [CS](#)>.
- Harvest most the potatoes [HA](#)> leaving some in the ground.
- Harvest some small runner beans [HA](#)> leaving the bigger runner beans to dry out [GS](#)>.
- Harvest most of the carrots [HA](#)> and rocket [HA](#)> leaving remaining plants to go dry and crispy.

2. Early Autumn (September-October).

- Harvest the pumpkin [HA](#)> and collect the seeds [CS](#)>
- Collect the seed potatoes [CS](#)> and the remaining runner beans seeds [CS](#)>
- Collect the carrots and rocket seeds [CS](#)>. If the plant does not go to seed, lift the plant into a pot and leave in place where it wont get the frost, and keep the soil slightly damp. [SS](#)>

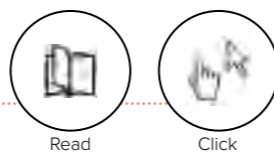
3. Mid - late Autumn (October).

- Dry and store the seeds into in a dry room [CS](#)>.
- Once the seeds are dry, place them into an envelope, label, and store in a cool and dry room, ready for next year.

3

Herbs - general principles

* The following instructions are general principles. For further guidance see [The Planner](#) (pg 50-51):



SEED:

1

1. Late winter early spring (March).

Propagate from seed: [PS](#)>

- Save egg shells (chicken eggs) and cartons from the kitchen and poke 2 or 3 holes into the bottom of egg shell with a pin.
- Fill each individual shell up to the top with the wormery castings (the compost).
- Place a couple of seeds from last season into the shell, scatter some compost on top of the seed, and rest in carton.
- Spray with a bottle of water daily to ensure the compost is always damp.
- Leave near window and ensure the seeds receive about 6 hours of light a day.

2. Mid spring (May):

Potting up the seedlings: [PU](#)>

- Gently crack the shell of the small seedlings.
- Fill up a small pot (at least 30cm deep) with worm castings (the compost).
- Push the egg shell and plant into the compost.
- Ensure the soil is always slightly damp Place all failed eggshells into the wormery.

3. Late spring (June):

Planting out the herbs: [PO](#)>

- Dig hole twice the size of the pot.
- Remove plant from pot and then place plant in to the hole.
- Firm soil around the plant.
- Ensure the soil is always slightly damp.

GROW:

2

1. Early spring (March to April).

Use approximately one wheelbarrow of rotted down compost and spread over the herb bed.

2. Spring and summer (April to July).

Each week feed the herb bed with wormery juice from the wormery (the fertiliser) using this rule:

[WJ](#)>

- Mix 1 cup of worm juice with 5ltr of watering can.
- Pour onto the entire herb bed.

3. Spring and summer (March to September).

Weed the herb beds weekly using this rule. [W](#)>

- Weeds smaller than 10cm, cut away at base and feed to wormery (use compost heap if full).
- Weeds larger than 10cm, pull the entire plant and the roots and compost.

4. Autumn: (November to December).

Place cardboard around the herbs and cover the cardboard with compost (cardboard will rot). [M](#)>

HARVEST:

3

1. Spring and summer (May - July).

Trim the herbs with scissors [P](#)> and use the herbs if needed [HA](#)>. Dispose of any unneeded waste into the wormery or compost bin.

2. Mid to late summer (August).

Harvest the plant by cutting with scissors, leaving some of the plant to go to seed [GS](#)>

3. Early Autumn (September).

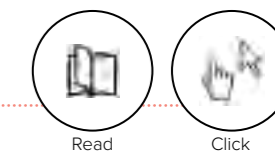
Remaining branches should create flowers which slowly grow into seed pods after a month [CS](#)>

4. Mid to late Autumn (October to November).

Once the seeds are dry, shake the seeds into an envelope, label what seed it is, and store in a cool and dry room, ready for next year [CS](#)>

Apple Tree - general principles

* The following instructions are general principles. For further guidance see [The Planner](#) (pg 50-51):



SEED:

1

1. Late winter early spring (March).

Propagate from seed: [PS](#)>

- Save egg shells (chicken eggs) and cartons from the kitchen and poke 2 or 3 holes into the bottom of egg shell with a pin.
- Fill each individual shell up to the top with the wormery castings (the compost).
- Place a couple of seeds from last season into the shell and rest in carton.
- Spray with a bottle of water daily to ensure the compost is always damp.
- Leave near window and ensure the seeds receives about 6 hours of light a day.

2. Early spring (April):

Potting up the seedlings: [PU](#)>

- Gently crack the shell of the small seedlings.
- Fill up a small pot (at least 50cm deep) with worm castings (the compost).
- Push the egg shell and plant into the compost.
- Ensure the soil is always slightly damp Place all failed eggshells into the wormery.

3. Mid spring (May):

Planting out the tree: [PO](#)>

- Dig hole twice the size of the pot.
- Remove plant from pot and then place plant in to the hole.
- Firm soil around the plant.
- Place cardboard around the tree.

* THE APPLE TREE WILL TAKE MANY YEARS TO GROW TO SIZE WHERE IT PRODUCES FRUIT.

GROW:

2

1. Winter (December to February).

Pruning the tree: [P](#)>

- Cut crossing branches and cut shoots which are growing vertically up.
- Encourage three main branches.
- Cut diseased, damaged or dangerous limbs off entirely.
- Remove new shoots that grow from the base
- Remove leaves from the base of the tree each week throughout the autumn.
- All lengths of wood to be stacked and saved for cooking with.

2. Summer (April to September).

Cutting the grass:

- Keep the grass cut between the length of 2.5cm and 5cm.
- Leave the grass cuttings to naturally mulch the ground.
- Pull the long grass at the base of the tree with hands.

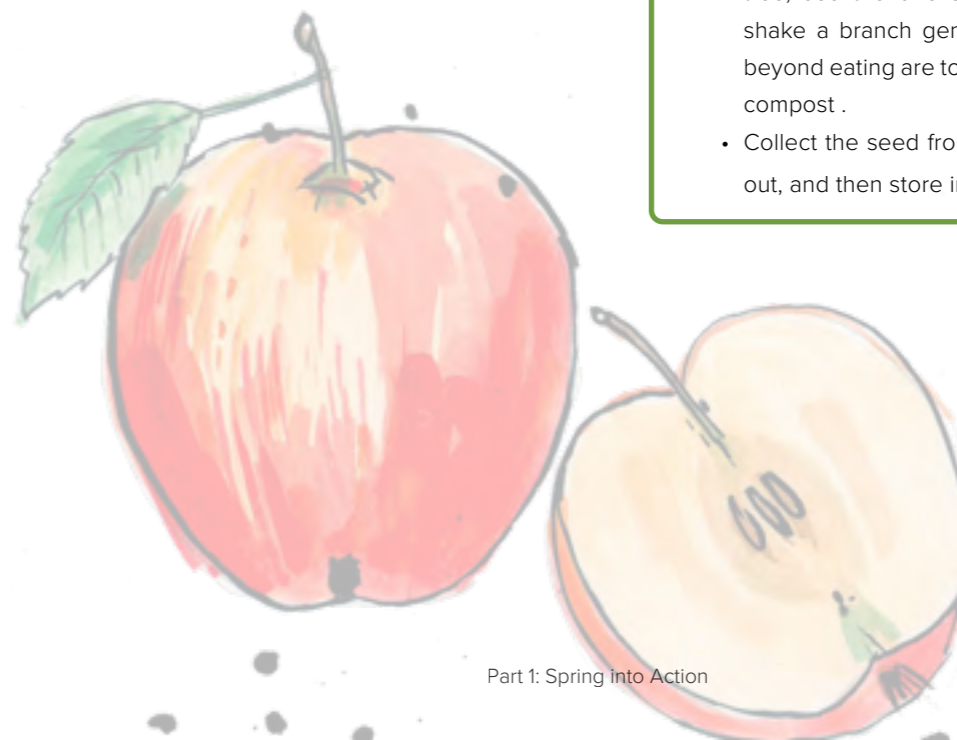
* THE APPLE TREE WILL TAKE MANY YEARS TO GROW TO SIZE WHERE IT PRODUCES FRUIT.

HARVEST:

3

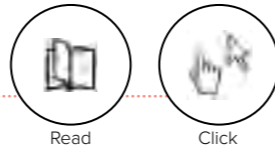
1. Mid to late summer (August). [HA](#)>

- Once the apples start to fall check to see if the remaining apples are ready with the one twist method - one full twist to see if it detaches from tree.
- Alternatively, for the apples higher up the tree, use the one shake method which is to shake a branch gently. The apples which are beyond eating are to be used in the wormery or compost.
- Collect the seed from in the core, leave to dry out, and then store in cool dark room. [CS](#)>



Lavender - general principles

* The following instructions are general principles. For further guidance see [The Planner](#) (pg 50-51):



1

SEED:

1. Late winter, early spring (March).

Propagate from seed: [PS](#)>

- Fill a small plant pot (at least 3cm deep) with the wormery castings (the compost).
- Place a couple of seeds from last year into the shell.
- Spray with a bottle of water daily to ensure the compost is always damp.
- Leave near window and ensure the seeds receive about 6 hours of light a day.

2. Mid to late spring (May to June):

Planting out the lavender herb: [PU](#)>

- Plant out once the seedling is approximately 10cm tall.
- Find an area which is not likely to get too wet and boggy.
- Dig hole twice the size of the pot.
- Place the plant into the hole.
- Fill the hole with fine soil.
- Firm the soil.
- Make sure the soil does not dry out.

GROW:

2

1. Early spring (March to April).

Use approximately one wheelbarrow of rotted down compost and spread over the herb bed.

2. Spring (April)

Cut lavender back by a third, leaving 2cm of fresh growth above the woody growth.

3. Spring and summer (April to July).

Each week feed the lavender shrubs with wormery juice from the wormery (the fertiliser) using this rule: [WJ](#)>

- Mix 1/3 of a cup of worm juice with 5ltrs of a watering can.
- Pour on the entire lavender hedge.

4. Spring and summer (March to September).

Weed the hedge weekly using this rule: [W](#)>

- Weeds smaller than 10cm, cut away at base and feed to wormery (use compost heap if full).
- Weeds larger than 10cm, pull out the entire plant along with the roots, and then compost.

5. Autumn: (November to December).

- Place cardboard around the lavender and cover the cardboard with compost (cardboard will rot). [M](#)>

HARVEST:

3

1. Spring and summer (May - July).

Trim the herbs with scissors, and use the herbs if needed [P](#)>. Dispose of any unneeded waste into the wormery or compost bin. [HA](#)>

2. Mid to late summer (August).

Harvest the plant by cutting with scissors, leaving some of the plant to go to seed.

3. Early Autumn (September).

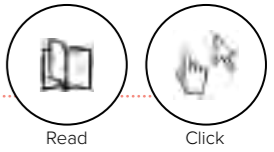
The remaining branches should then produce flowers which slowly grow into seed pods after a month.

4. Mid to late Autumn (October to November).

Once the seeds are dry, shake the seeds into an envelope, label what seed it is, and store in a cool and dry room, ready for next year [CS](#)>

Wormery - general principles

* The following instructions are general principles. For further guidance see [The Planner](#) (pg 50-51):



WORMERY vs COMPOST:

Where to get a wormery

1. We recommend the following wormery which can be found on-line: www.wormcity.co.uk
2. Set it up by following the manufactures instructions.

Using wormery

1. For a good wormery, cut the following into small bits (3-5cm) and mixed together in a cereal bowl:
 - One third carbon (shredded paper and cardboard),
 - One third fruits and veg
 - One third plant waste
2. The above mixture should then be mixed into an the top shelf of the worm bin.
3. With a stick or with gloves, mix the waste into the compost which exists on top shelf.
4. For the first two months give the wormery 2 cereal bowls of waste a week.
5. The worm bed should be damp and have no flies. If it is dry, spray some water so it is damp.
6. After the first 2 months start feeding the worms a cereal bowl once a day.
7. If the waste does not start breaking down after a two to three days, and flies start appearing, leave the worms for a week to catch, up and throw the worm waste into the compost instead.
8. If there is no food waste available feed the worms with some fresh waste from the compost heap.
9. Allow for seasonal changes. During the summer the worms will want more, in the winter the worms will want less.

A compost heap to support wormery

1. Food which does not go into the wormery can go into the compost heap.
2. Have three compost chambers to throw old plant waste, garden waste and cardboard.
3. Use one compost area at a time.
4. At any one time aim to have:
 - One chamber to throw fresh waste,
 - One chamber area for the waste to decompose in,
 - One chamber full of rotted down compost which looks like soil.
5. Use a pitch fork and move the rotted down compost which looks like soil and use in the garden each spring and autumn. [MC](#)>

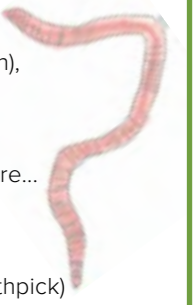
FOOD FOR THE WORMERY:

YES:

1. Chopped fruit and peelings (not onion),
2. Compost, soil,
3. Chopped up cereal, pastries,
4. Tea bags, cooked food and much more...
5. Plant waste for the wormery:
 - Chopped up weeds and leaves.
 - Chopped twigs (no bigger than a toothpick)

NO:

1. Onions, garlic and citrus fruit,
2. Oily food, spicy food, cheese,
3. Too much processed food
4. Meat or fish (this can spread disease).



EMPTYING WORMERY [WJ](#)>

1. When the top wormery tray is full with waste, put an empty tray on top of it
2. By the time the top tray is full the worms the bottom tray should be worm free and the waste turned into worm castings. If it is not add another tray.
3. Once the bottom tray is worm free and full of worm castings, empty the contents into a container.
4. This then means a new empty trays is available to be once again used at the top when it is needed (once the wormery is full).
5. This becomes a continual process.
6. In addition to the worm castings in the trays, drain off the worm juice from the tap.

STORING THE WORM COMPOST

Store waste in container before feeding worms:

- For carbon (shredded paper etc).
- For the fruits and veg .
- For plant waste.

Store worm juice:

- Use bottles.
- Empty approximately once a month.
- Save to feed the plants.

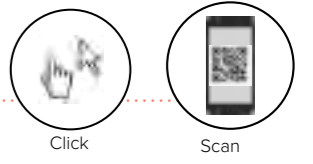
Store worm castings (worm compost):

- Use containers.
- Empty approximately once a month.
- When full use worm castings for propagation.



* This information has been verified by [Wormcity](#)
Please click [here](#) to see a video on how to setup

PLANT LABELS






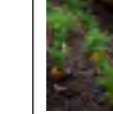











The plant labels have QR codes which take you to the relevant web page. If protected properly, the labels can be placed next to the selected 16 plants, and offers on-line connection to the instructions for digital devices whilst outside.

This plan illustrates a garden or outside space with the 16 plants. The plant labels can be photocopied, cut out, laminated and placed in the garden.

Being outside and carrying out horticultural tasks is more than just growing 16 plants. It is about enjoying nature which is good for the brain, body and soul.

























VEGETABLE Q.R. CODES

 Pumpkin  	 Carrot  
 Runner Bean  	 Potatoes  
 Courgette  	

APPLE TREE Q.R. CODES

 Apple Tree  
--

HERBS Q.R. CODES

 Oregano  	 Thyme  
 Basil  	 Rosemary  
 Parsley  	 Sage  
 Marjoram  	 Rocket  

LAVENDER HEDGE Q.R. CODES

 Lavender  
--



Part 2: SUMMER SNACKS

Food from your garden or outside space is available any time of the year. However, we think that the best time is between June and September (summer time) because of an abundance in harvest, and the weather is ideal for sitting outside snacking on treats from nature.

In this section:

● Apple turnover	18
● Apple Slaw	19
● Lavender tea	20
● Lavender cordial	21
● Potato wedges	22
● Carrot hummus	23
● Runner bean burger	24
● Rocket salad	25
● Courgette dip	26
● Pumpkin seed flat bread	27
● Fresh herb relish	28
● Mixed herb BBQ marinade	29
THE SUMMER SNACK MENU	30

Apple turnover

* Must be accompanied by a supervising adult.



What you need:

Makes 9 turnovers

375g ready rolled pastry sheet

1 large Apple

2 tablespoons Honey

1/4 teaspoon pure Vanilla extract

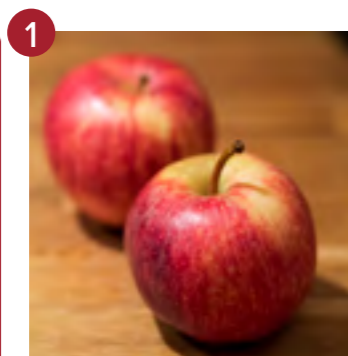
1/8 teaspoon chopped fresh Rosemary

1/8 teaspoon freshly grated Nutmeg

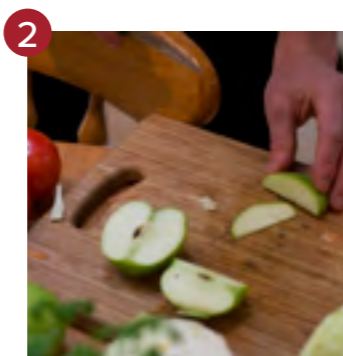
1 tablespoon all-purpose Flour

Pinch of salt

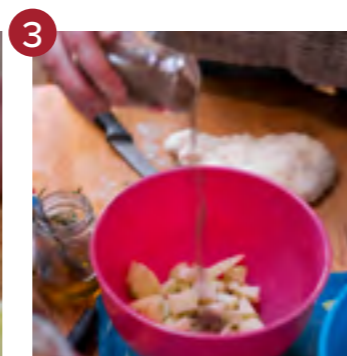
1 egg, lightly beaten



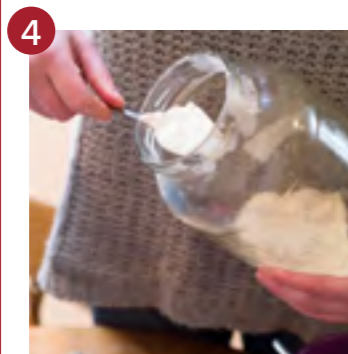
1 Collect an apple which was harvested from the apple tree.



2 Cut the apple into 3cm.



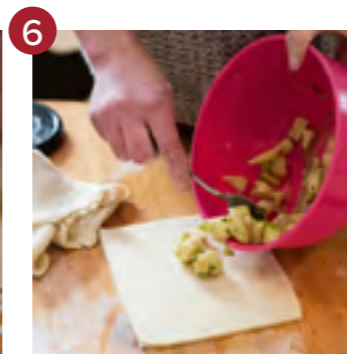
3 Put the apple, honey, vanilla, nutmeg, flour and salt, and mix together in a bowl.



4 Sprinkle flour on a surface.



5 Flatten the pastry with a rolling pin, before cutting the sheet into eight 10cmx10cm pieces.



6 Place a spoonful of the apple mixture into the centre of each square, leaving 2cm around the sides.



7 Fold each piece to form a triangle. Seal the edges by pinching with two fingers. Brush the tops of the turnovers with the beaten egg.



8 Slice a few small slits into the top of the turnovers to allow steam to escape.



9 Grease a baking tray with butter, sprinkle flour, paint, and bake for 30 minutes in a preheated oven.



Apple slaw

* Must be accompanied by a supervising adult.



What you need:

1/2 Cabbage

1 Whole red pepper

1 Apple

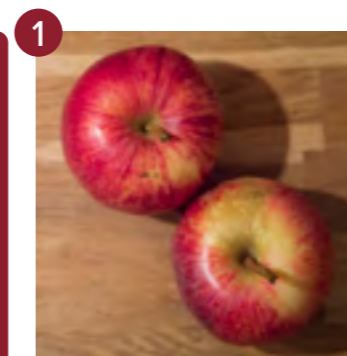
1 Carrot

1 Onion

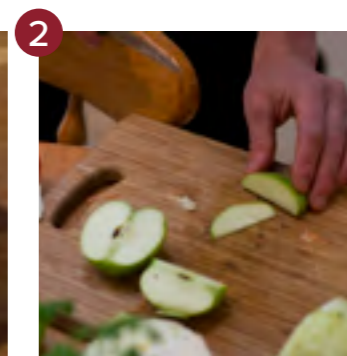
1/2 Lemon

1 teaspoon Honey

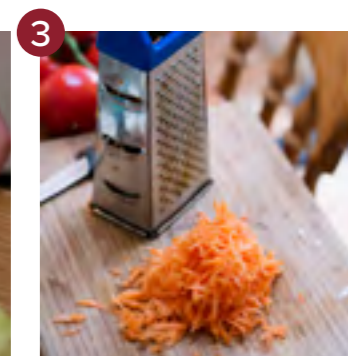
8 tablespoons Mayo



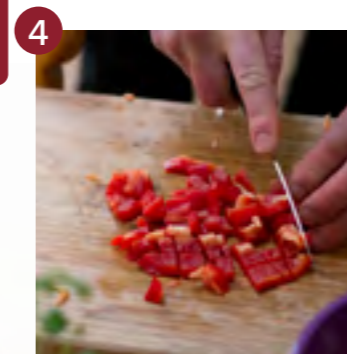
1 Collect an apple which was harvested from the tree, and collect a carrot from the vegetable garden or outside space.



2 Slice the apple into thin strips.



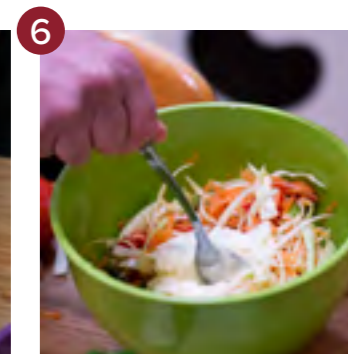
3 Peel and grate the carrot.



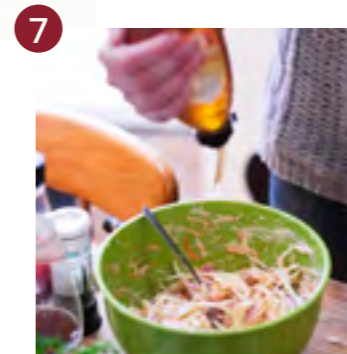
4 Finely chop the red pepper and finely slice the onion.



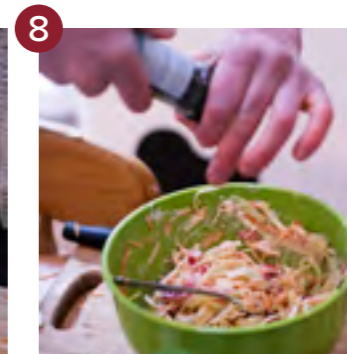
5 Cut the cabbage into thin slices.



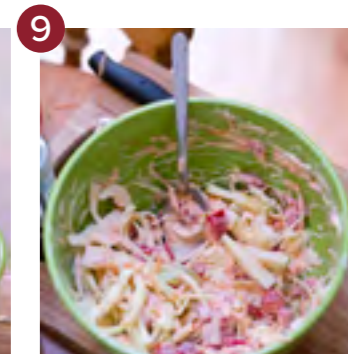
6 Place everything into a bowl, add the mayonnaise and mix thoroughly.



7 Add a teaspoon of honey.



8 Add a teaspoon of lemon juice, and season with salt & pepper.



9 Mix the apple slaw thoroughly.

Lavender tea

* Must be accompanied by a supervising adult.

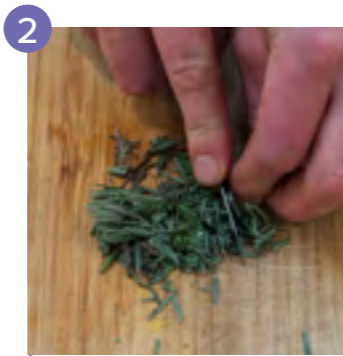


What you need:

- 2 sprigs of fresh Lavender
- 2 sprigs of fresh Rosemary
- 2 teaspoons of dried Mint
- 1 teaspoon dried Rosemary
- Hot water
- Empty Tea bags bought from the shops



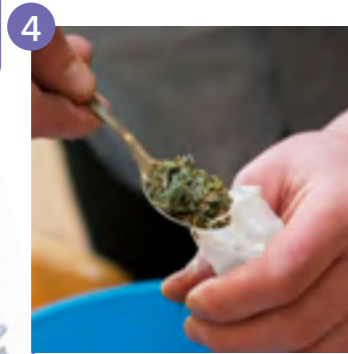
1 Collect lavender and rosemary which you've harvested from the garden or outside space.



2 Strip the leaves off the stem.



3 Measure out the dried mint, dried lavender and dried rosemary, and mix together.



4 Fill an empty teabag with a teaspoon of the dried herbs. Follow the tea bag instructions on how to seal.



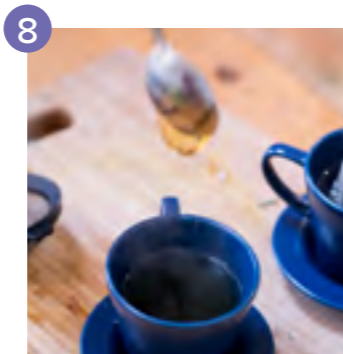
5 Put the teabag and the fresh herbs into the teapot. (The tea bags prevent dusty herbs powder going into your tea).



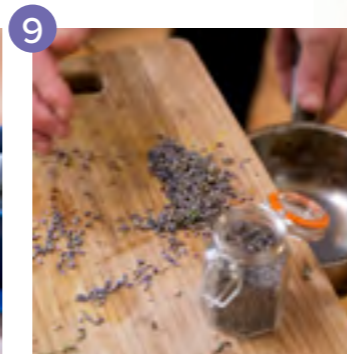
6 Fill the teapot with hot water, stir, then remove the teabags after a couple of minutes.



7 Leave the fresh herbs in the teapot for a fresh aromatic flavour, and serve.



8 Sweeten according to your taste with some honey.



9 NB The dried herbs in this recipe can be replaced with fresh herbs.

Lavender cordial

* Must be accompanied by a supervising adult.

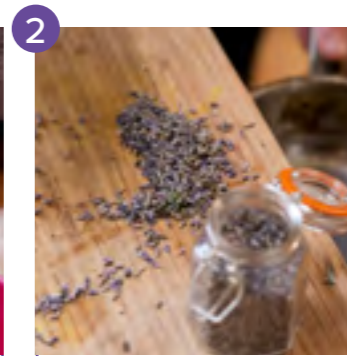


What you need:

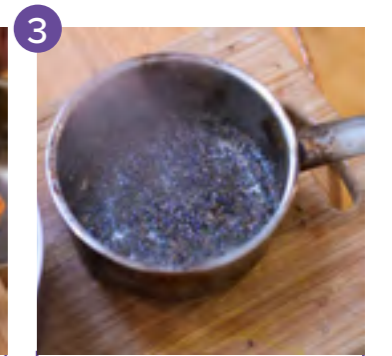
- 1 Kg Granulated sugar
- Handful of fresh Lavender
- 1.5ltrs of Soda water or chilled water to serve
- 1 Lemon



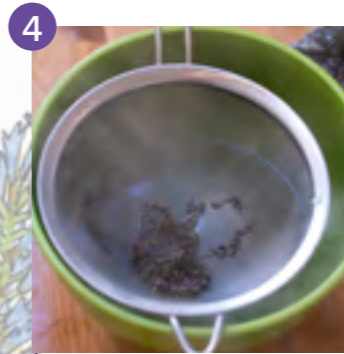
1 Collect lavender and rosemary which you've harvested from the garden or outside space.



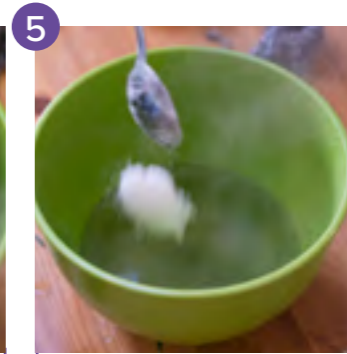
2 Pull or trim off the flowers from the plant.



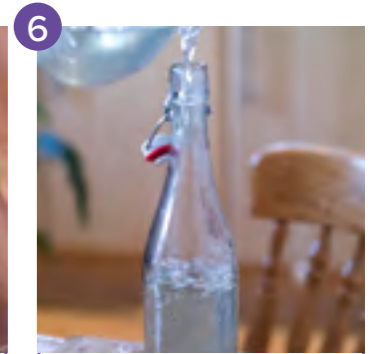
3 Add the lavender flowers and hot water. Leave to diffuse for 2 hours.



4 Strain through a sieve.



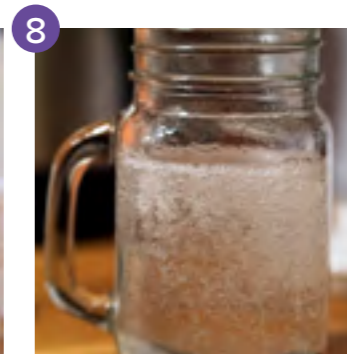
5 Add granulated sugar to the strained mixture, and stir until dissolved.



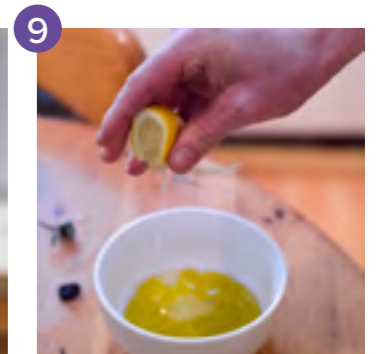
6 Decant this into sterilized bottles.



7 Place a lid on the bottle and leave somewhere in fridge until ready to use.



8 Mix with sparkling water. Ratio 1:10.



9 Add a slice of lemon.

Potato wedges

* Must be accompanied by a supervising adult.



What you need:

Serves 8

12 New potatoes

3 teaspoons Paprika

3 Small sprigs Rosemary

Pinch of Salt

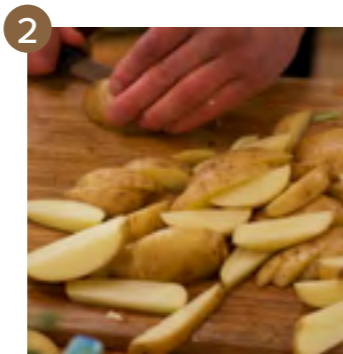
Drizzle of Olive oil

A few cloves of garlic

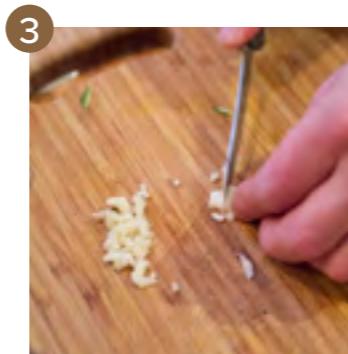
Pre heated oven at 180-200 degrees C



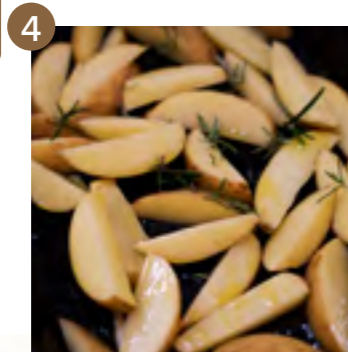
1 Collect the potatoes which were harvested from the garden or outside space, scrub until clean.



2 Cut the potatoes into bite size wedges, removing any bad bits.



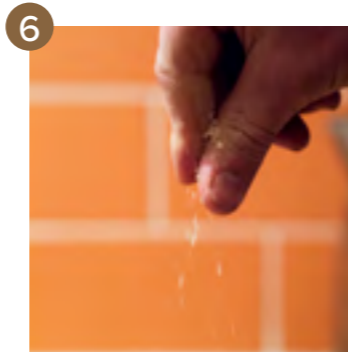
3 Chop garlic. spread over the potatoes. Mix with oil and the wedges.



4 Lay the potatoes onto a baking tray and put a pinch of fresh rosemary over the wedges.



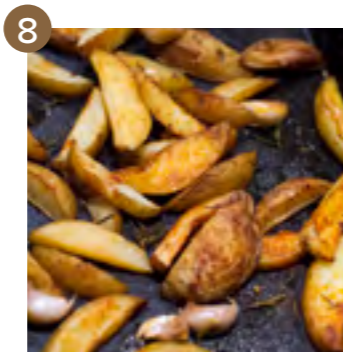
5 Sprinkle a pinch of paprika over the wedges.



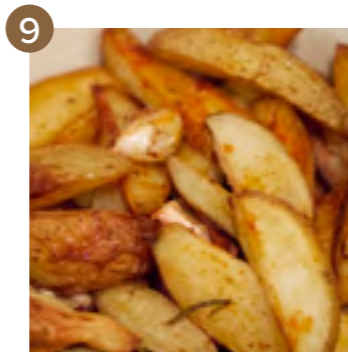
6 Add some sea salt to season them.



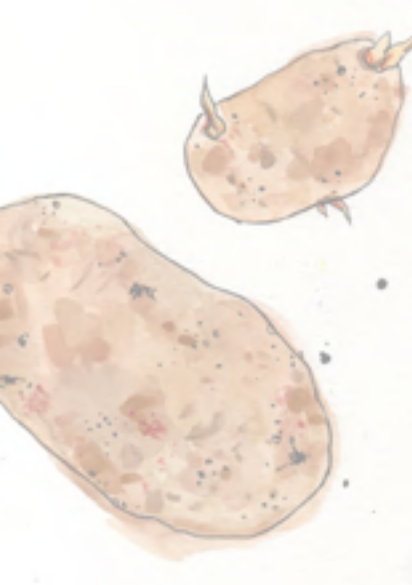
7 Put the wedges in a preheated oven for 50 minutes.



8 After 30 minutes, remove them and give a good shake, so that they crisp up evenly.



9 Remove the wedges when they are golden brown. Place wedges onto a kitchen towel to soak up any excess oil.



Carrot hummus

* Must be accompanied by a supervising adult.



What you need:

Serves 8

6 medium carrots

1 tin Chickpeas

3 or 4 Garlic cloves

Juice of 1 Lemon

3 tablespoons Olive oil

1 teaspoon Cumin seeds

Pinch of Salt & Pepper

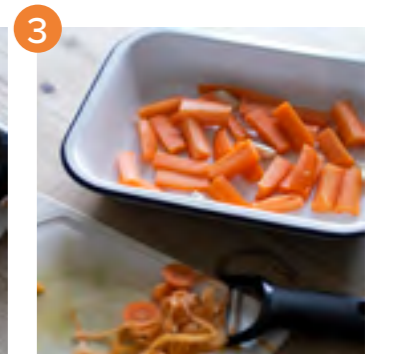
Pre heated oven at 180/200 degrees C



1 Collect the carrots which have been harvested from the garden or outside space.



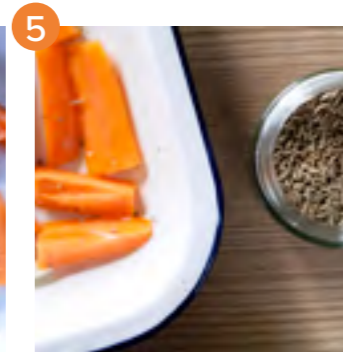
2 Peel and chop the carrots in to chunky slices.



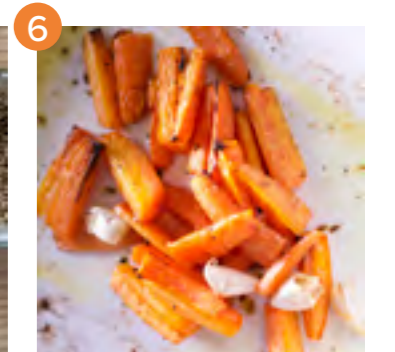
3 Add them to a baking tray along with a few cloves of garlic.



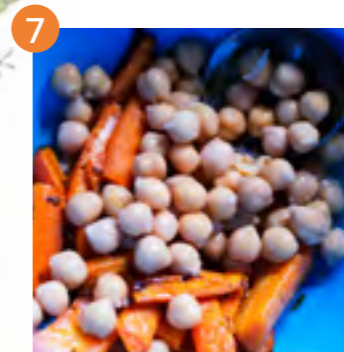
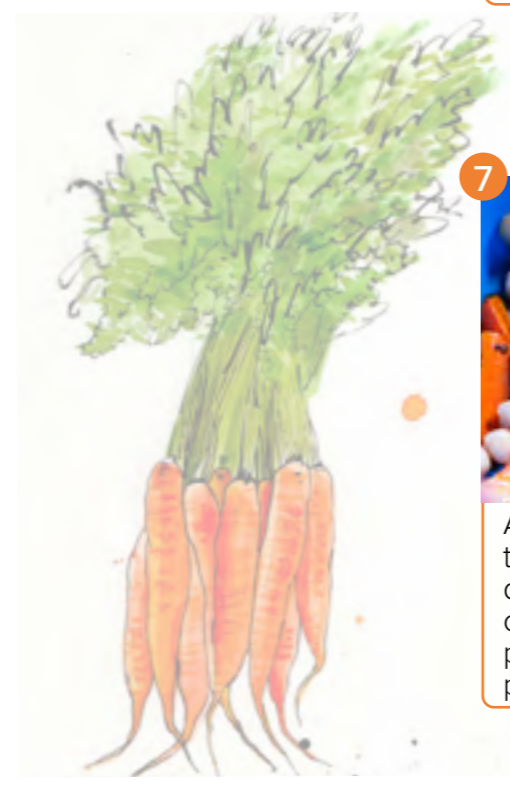
4 Drizzle with olive oil and sprinkle with salt & pepper.



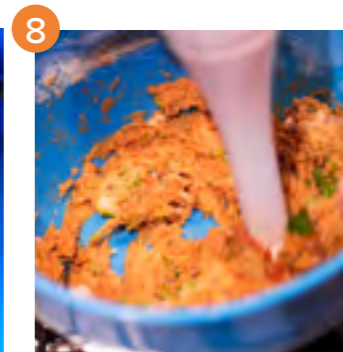
5 Add a pinch of cumin seeds, and give a good mix around.



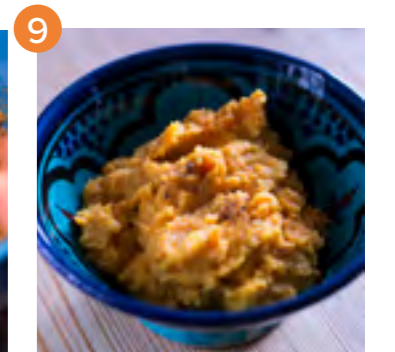
6 Place in the oven and cook for 30 minutes until coloured and tender.



7 Add the carrots to a bowl with the drained chickpeas, olive oil, and a pinch more of salt & pepper.



8 Squeeze in the lemon, and then blend to the consistency you want, and season to taste.



9 Drizzle with a little more oil and decorate with herbs from the garden or outside space.

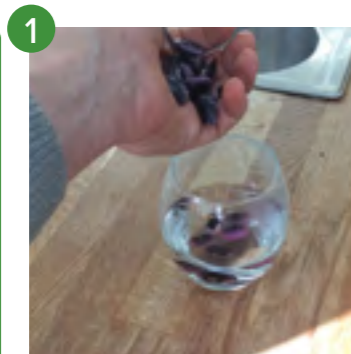
Runner bean burger



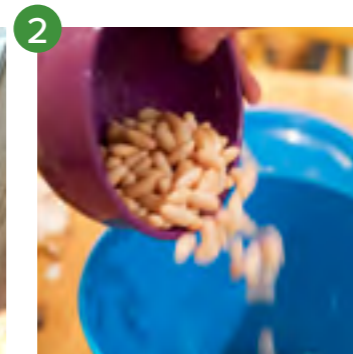
* Must be accompanied by a supervising adult.

What you need:

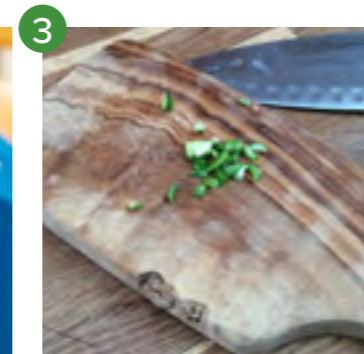
- Serves 8
- 200g Dried runner Beans
- 200g butter beans
- 1 Egg
- 1 small onion,
- 1 Green chilli
- 6 cream crackers, crushed
- 60g grated Cheddar cheese
- 1/4 teaspoon garlic powder
- Drizzle of Olive oil
- Pinch of Salt & Pepper



1 Soak the dried runner beans which were harvested and dried from the garden or outside space for 24 hours.



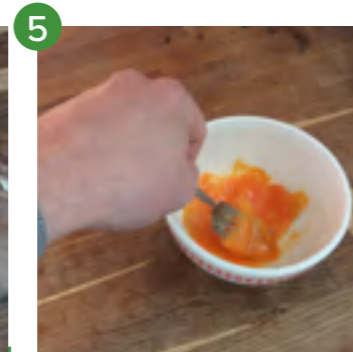
2 Place the runner beans and butter beans into a bowl and mash well (or use blender).



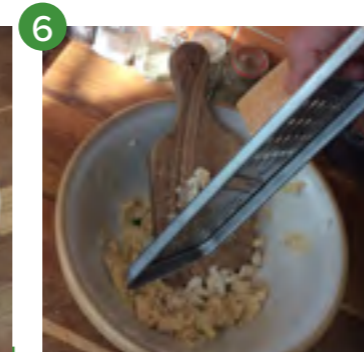
3 Cut chilli and dice the onions into small bits and add to the bowl.



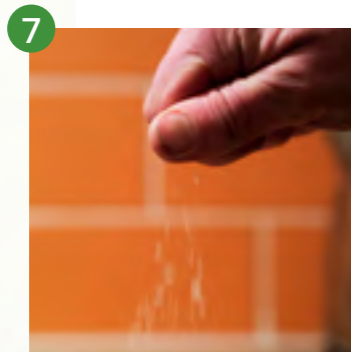
4 Crush the crackers into the bowl.



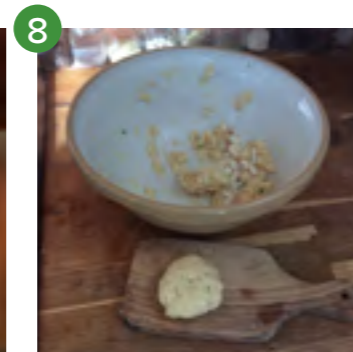
5 Beat an egg and add to the bowl.



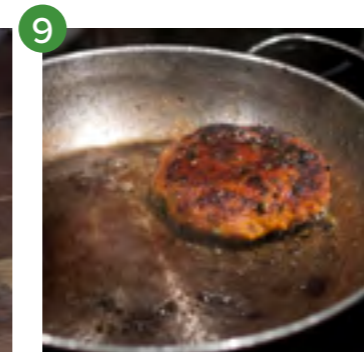
6 Grate the cheese into the bowl



7 Mash together or use a blender. Add salt, pepper and garlic powder to the mix if needed for extra seasoning.



8 Make eight small pattie shapes by patting with your hand.



9 Heat a pan, add olive oil and fry. Or lay on a grill. Or place in the oven. Fry the burgers in the pan until browned on both sides.



Rocket salad



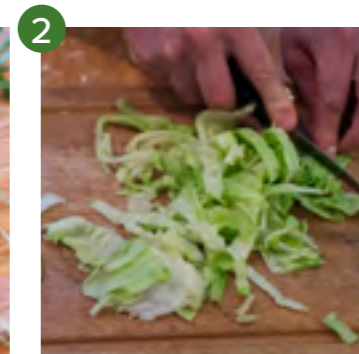
* Must be accompanied by a supervising adult.

What you need:

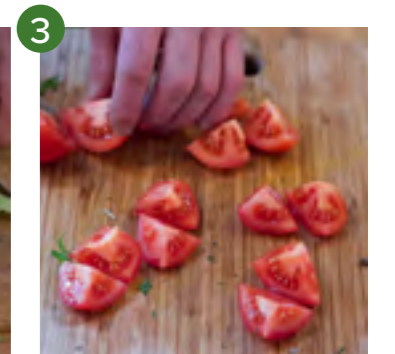
- Serves 8
- 200g Rocket
- 1 Iceberg Lettuce
- 2 Salad Tomatoes
- 2 Ball of Mozzarella
- A handful of fresh Basil
- Juice of 1/2 a Lemon
- 4 tablespoons Olive oil
- Pinch of Salt & Pepper



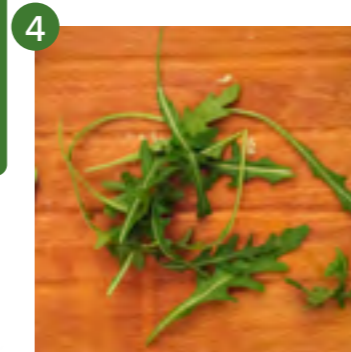
1 Collect the rocket from the vegetable patch which was harvested from the garden or outside space.



2 Cut the iceberg lettuce into thin strips.



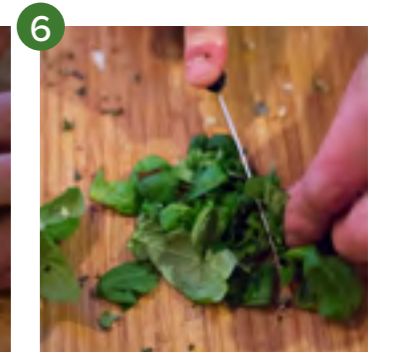
3 Cut the tomatoes into eight.



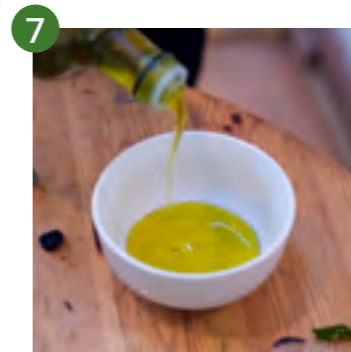
4 Take stalks off the rocket.



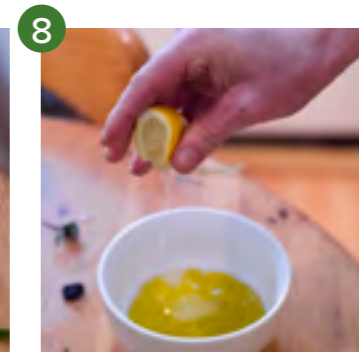
5 Chop the mozzarella into small cubes.



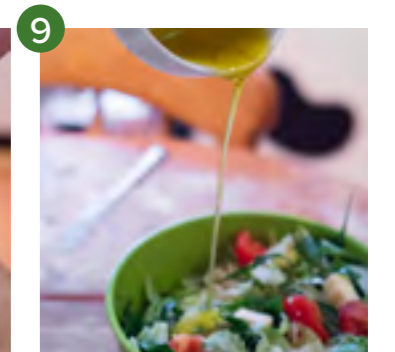
6 Mix all together, add the basil fresh from the garden or outside space.



7 For the dressing pour olive oil into a bowl.



8 Squeeze the lemon juice into the bowl mix. Add salt & pepper.



9 Just before serving, drizzle the dressing over the salad.

Courgette dip

* Must be accompanied by a supervising adult.



What you need:

Serves 8

Preheated grill at 180 degrees C

2 Courgettes

1/2 Garlic cloves

1/2 Lemon

Handful of Fresh Parsley, Basil and Chives

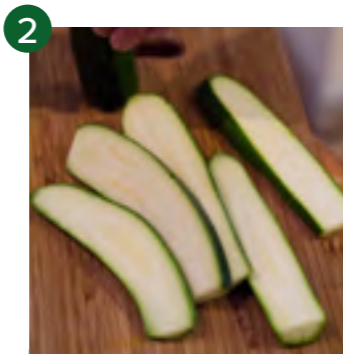
1 tablespoon Tahini

1 tablespoon Olive oil

Pinch of Salt & Pepper



1 Collect the courgettes harvested from the garden or outside space.



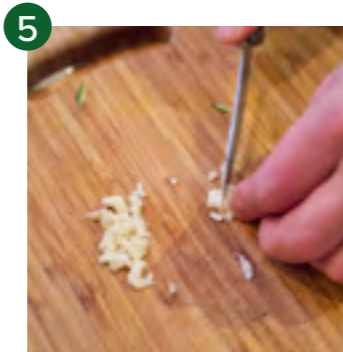
2 Trim the ends off and cut them into thin slices.



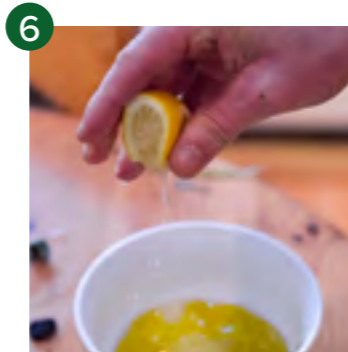
3 Place on a baking tray and put under the grill for 10 minutes, until browned.



4 Once cooked, wrap the slices in tin foil, to let them steam and soften up for 10 minutes then place into bowl.



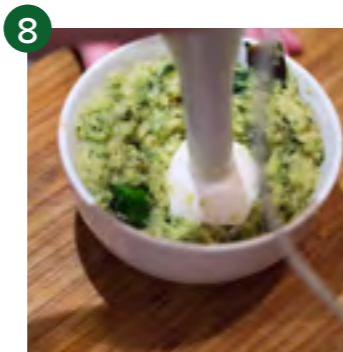
5 Finely chop the garlic and place into a mixing bowl.



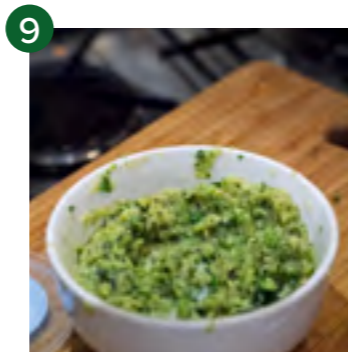
6 Squeeze the lemon into the mixing bowl.



7 Collect the parsley from the herb garden or outside space, chop and add to the mixing bowl.



8 Place the tahini, basil and chives and blend with a food processor.

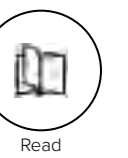


9 Drizzle over a little olive oil.



Pumpkin seed flat bread

* Must be accompanied by a supervising adult.



What you need:

Serves 8

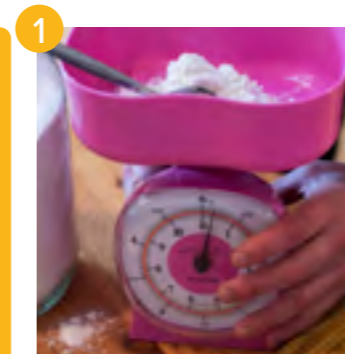
350g Self raising flour

350g Yogurt

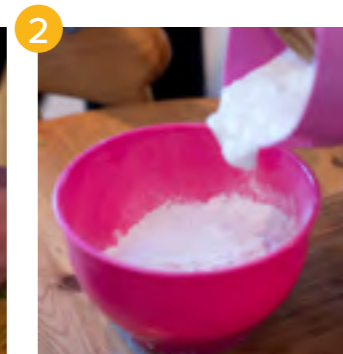
1 teaspoon Baking powder

Handful of organic Pumpkin seeds

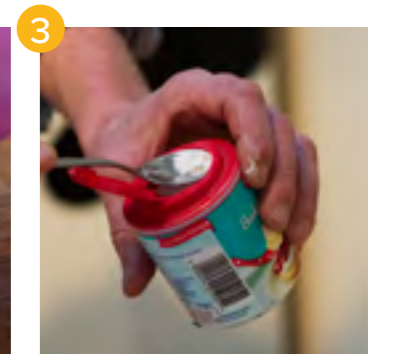
4g Salt



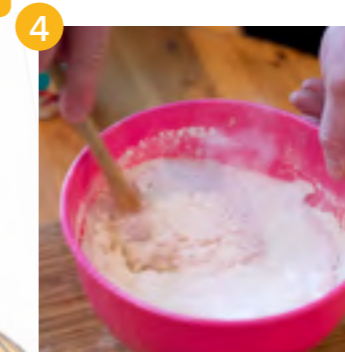
1 Measure out 350g of self raising flour and place into a mixing bowl.



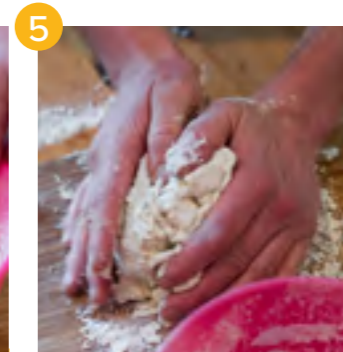
2 Measure out 350g of natural yogurt, and add to the bowl with the flour.



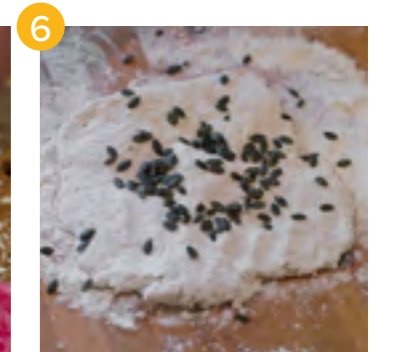
3 Add the baking powder and salt.



4 With a wooden spoon, mix until it becomes a smooth dough.



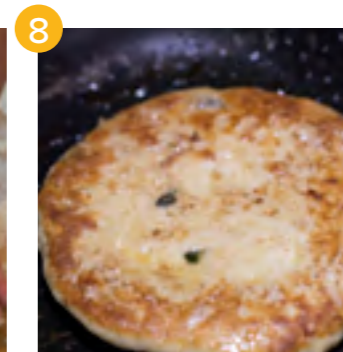
5 Sprinkle some flour on a clean surface, tip out the dough and start to knead for 10 minutes. Careful not to use too much flour.



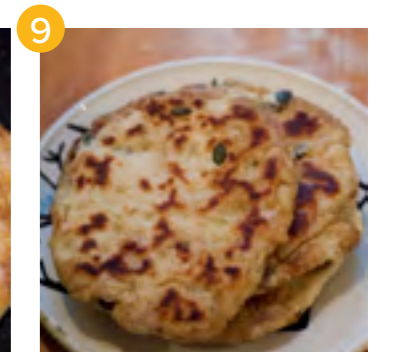
6 Sprinkle in the pumpkin seeds. Then leave for 30 minutes.



7 Divide the mix into six equal pieces, and roll each of these out into a circular shape.



8 Make the bread about 1cm thick. Fry the bread in dry pan.



9 Fry until both sides are brown and crisp.

Fresh herb relish

* Must be accompanied by a supervising adult.



What you need:

Serves 8

Olive oil

Pinch of Salt

1 Red onion

4 Tomatoes

1 Carrot

1/2 Courgette

20g sugar

200ml Cider vinegar

100ml water

Herbs:

5g x Fresh Rosemary

10g x Fresh Oregano

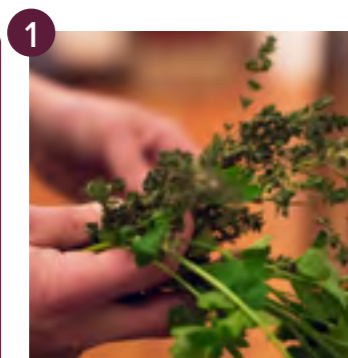
10g x Fresh Parsley

20g x Fresh Basil

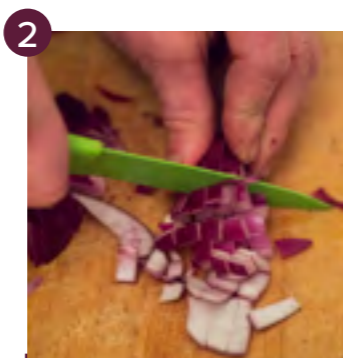
10g x Fresh Marjoram

5g x Fresh Sage

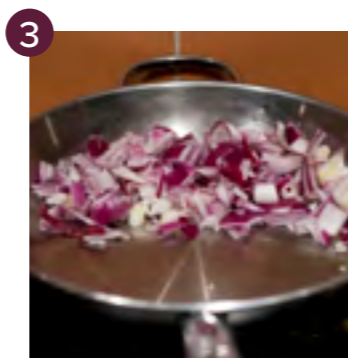
5g x Fresh Thyme



1 Collect the herbs harvested from the garden or outside space.



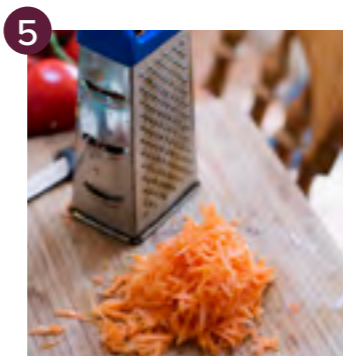
2 Chop the onions and place in a large frying pan or saucepan.



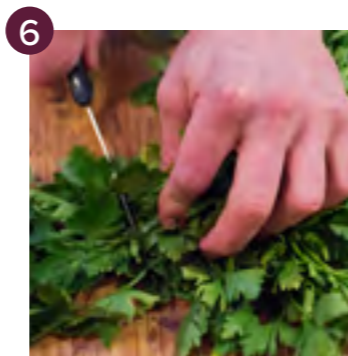
3 Fry the onions with the sugar. Keep the pan on a medium to low heat for duration of the cooking.



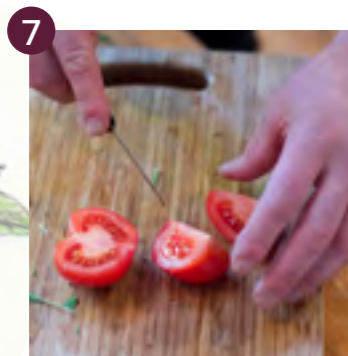
4 Cut the courgette into small cubes, and place in the frying pan (with the onions which have been cooking).



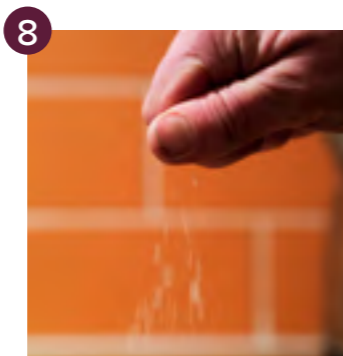
5 Grate the carrot and place in the frying pan (with the onions and courgette which have been cooking).



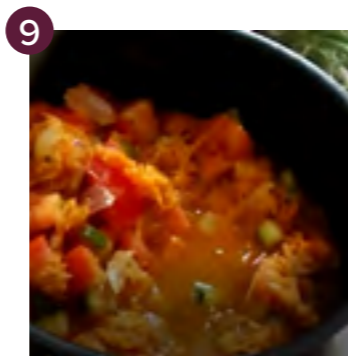
6 Chop the mixed herbs finely and place in the frying pan (with onions, courgette and carrots which have been cooking).



7 Chop the tomatoes and place in the frying pan (with the onions, courgette, carrots and herbs which have been cooking).



8 Keep frying pan at a medium to low heat. Add the cider vinegar, water and pinch of salt & pepper.



9 Once the water has evaporated the relish will be ready. Keep tasting to decide. This will be for about 40 minutes, but it should be between 30 minutes to an 1 hour.



Mixed herb BBQ marinade

* Must be accompanied by a supervising adult.



What you need:

Serves 8

Meat to fry- For example:

- Lamb chop

- Beef steak

1 Garlic clove

40g Extra virgin Olive oil

1 tablespoon Worcestershire sauce

1 tablespoon Dark soy sauce

1 teaspoon Honey

Pinch of Salt & Pepper

Herbs:

5g x Fresh Rosemary

10g x Fresh Oregano

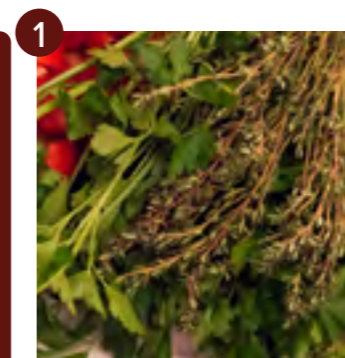
10g x Fresh Parsley

20g x Fresh Basil

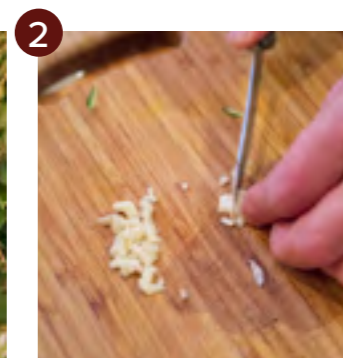
10g x Fresh Marjoram

5g x Fresh Sage

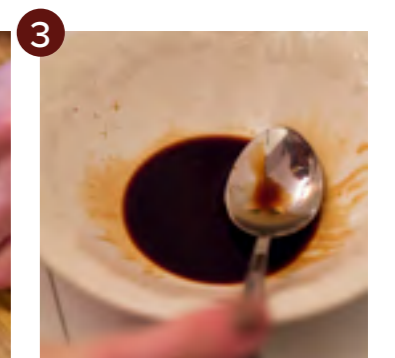
5g x Fresh Thyme



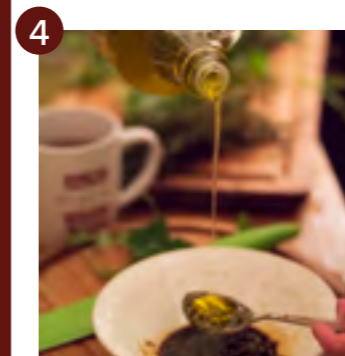
1 Collect the herbs harvested from garden or outside space.



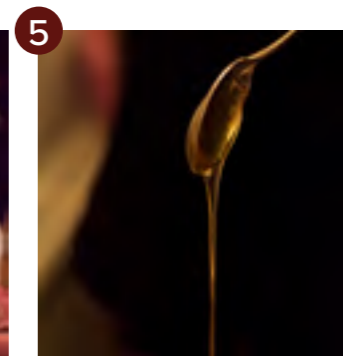
2 Crush the garlic and add to the mixing bowl.



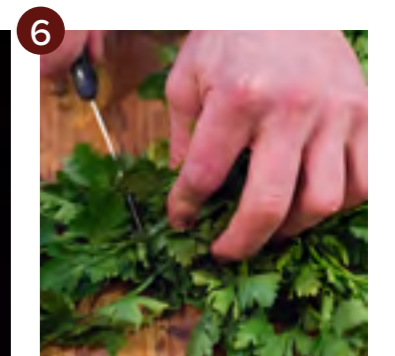
3 Pour in the soy sauce and Worcestershire sauce.



4 Add the extra virgin olive oil.



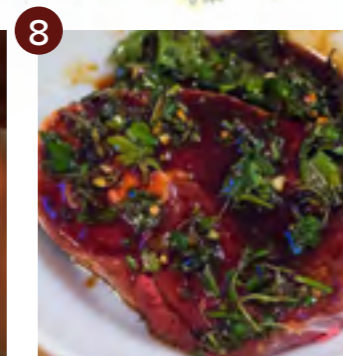
5 Add the honey.



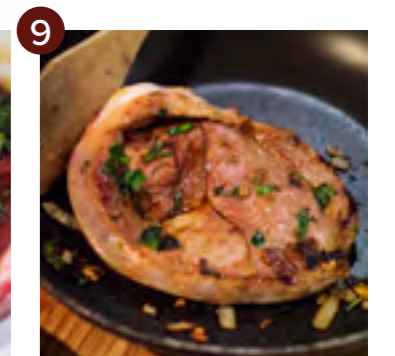
6 Chop the mixed herbs finely and place in the mixing bowl.



7 Add salt & pepper and stir.



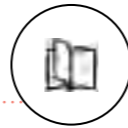
8 Cover the meat you are using with the marinade, then place in the fridge. The longer you leave this, the more it will infuse.



9 Scrape off the herbs, and brush any liquid marinade over the meat and fry or oven cook the meat.



THE SUMMER SNACK MENU



Read

Congratulate yourself on what you have managed to grow and use these recipes to create a big sharing event that everyone can enjoy. Maybe try holding a BBQ as there is nothing better than eating outside next to the fresh ingredients.

MAIN COURSE:

The Flatbread Feast: Steak marinated in 'Mixed herb BBQ marinade' wrapped in a 'Pumpkin seed flatbread' with a 'Fresh herb relish', and served with a sizable dollop of 'Carrot hummus' or...

The The Vege Wrap: 'Runner Bean burger' wrapped in a 'Pumpkin seed flatbread' with a Fresh herb relish, and served with a sizable dollop of 'Carrot hummus'.

SIDES:

'Potato wedges' with 'Courgette dip' or...

'Apple slaw'

DRINKS:

'Lavender cordial' or...

'Lavender tea'

DESSERT:

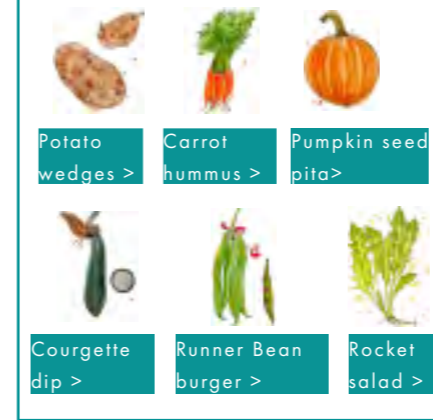
'Apple turnover'



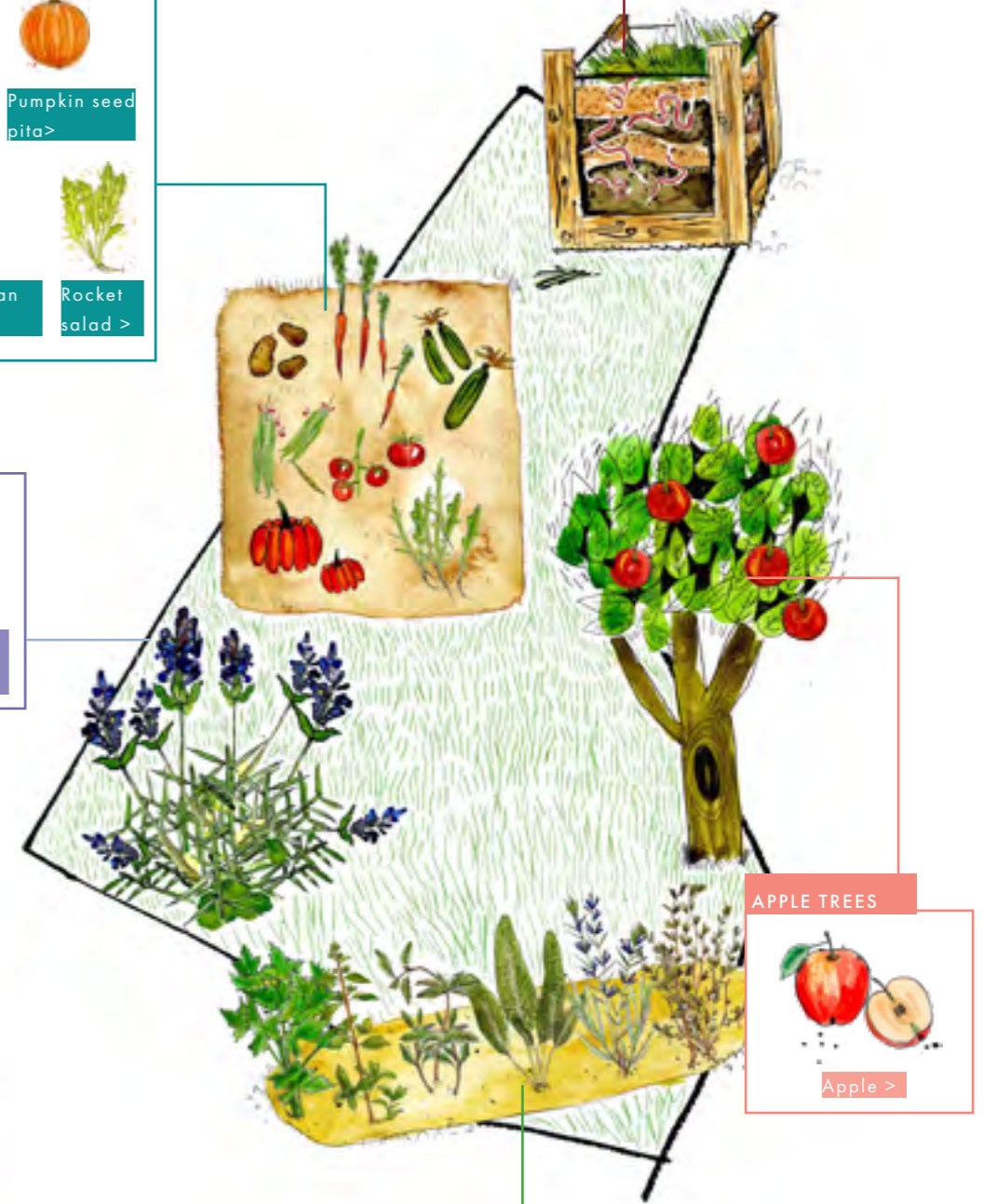
Click

This plan illustrates a garden or outside space with the 16 plants. The links on this page take you directly to the pages to online content for each recipe.

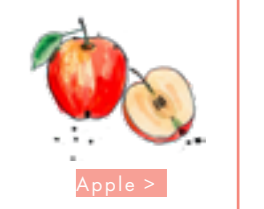
VEGETABLE PLANTER



LAVENDER



APPLE TREES



HERB PLANTER



Part 3: TIME TO PRESERVE

Preserving produce from your harvest is not necessarily something you just do at the end of the year. However, between September and December (autumn) is the traditional time of year we preserve things in preparation of the festive season and the winter months which follow.

In this section:

● Apple sugar scrub	34
● Dried apple decoration	35
● Lavender pillow	36
● Lavender salt bag	37
● Potato face mask	38
● Carrot dyed scarf	39
● Rocket pesto	40
● Green bean chutney	41
● Pumpkin seed bracelet	42
● Courgette butter	43
● Herb soap	44
● Pizza seasoning	45
THE FESTIVE SEASON	46

Apple sugar scrub

* Must be accompanied by a supervising adult.

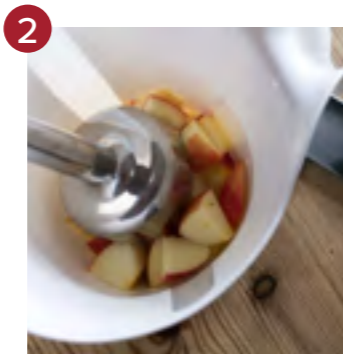


What you need:

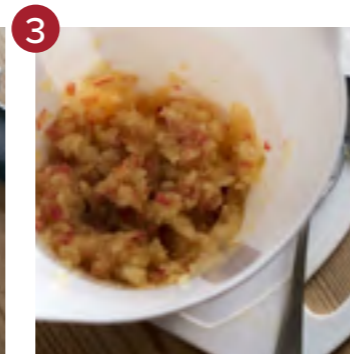
- 200g - 250g Coconut Oil
- 350g sugar
- 1 Medium sized Apple
- 1 drop of Cinnamon Extract
- 4 small ball jars
- Pinch of Cinnamon powder



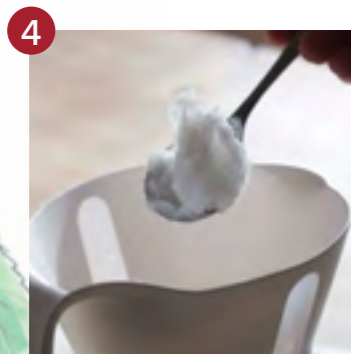
1 With a leftover apple from the garden or outside space and the cooking, wash and chop these into small pieces.



2 Use the blender to turn the apple into a pulp.



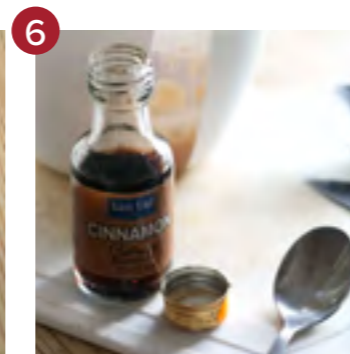
3 In a container, add the coconut to the apple.



4 Add the sugar into the container.



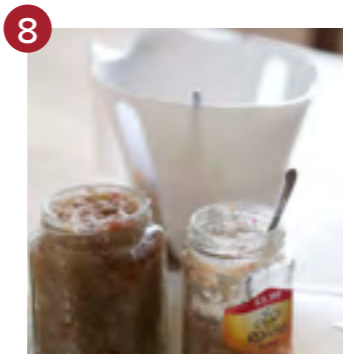
5 Sprinkle cinnamon.



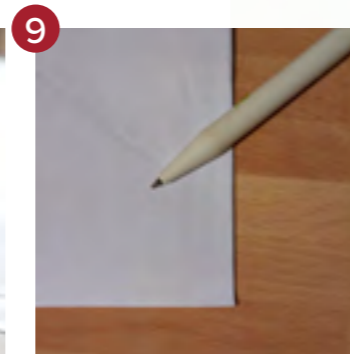
6 Add cinnamon essence.



7 Mix the ingredients up in a bowl.



8 Dollop the mixture into the jars until you run out.



9 Label the jar with the date. And write "Keep refrigerated". "Use within 3 weeks".



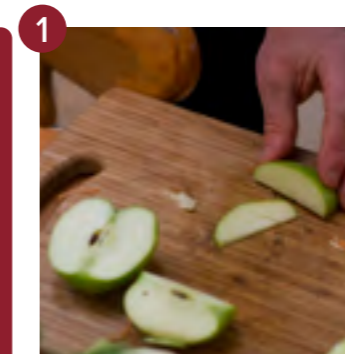
Dried apple decoration

* Must be accompanied by a supervising adult.



What you need:

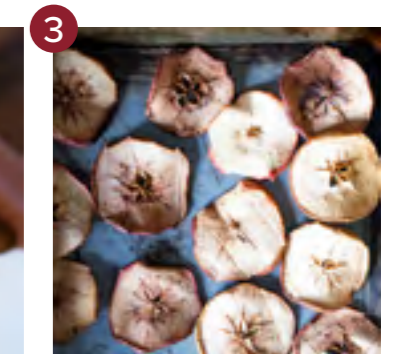
- 6 apples
- String
- 6 lemons
- 10 willow twigs (approx 50cm long)
- 10 hazel twigs (approx 50cm long)
- Secateurs
- Pack of double sided sticky squares



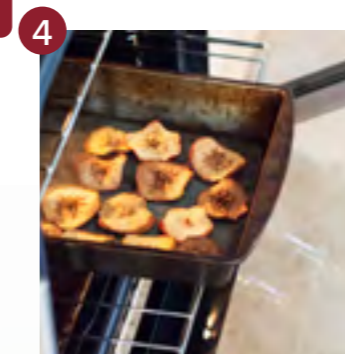
1 Slice the apples into 5mm thin slices.



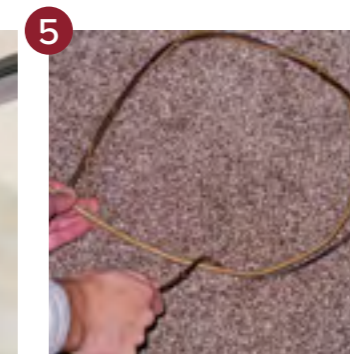
2 Cut and squeeze the lemons into a bowl, and dip the apples into the bowl.



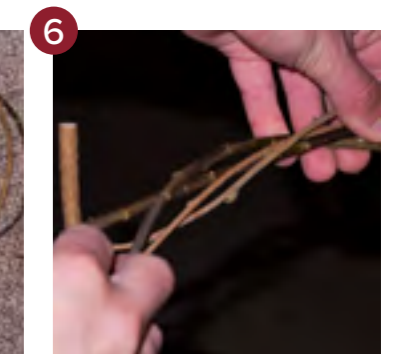
3 Place the apples equally on grease-proof paper on a baking tray.



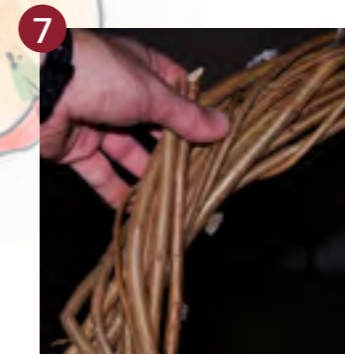
4 Place the tray into a fan assisted oven to the lowest setting and turn every two hours for until brown and crispy (6 to 8 hours).



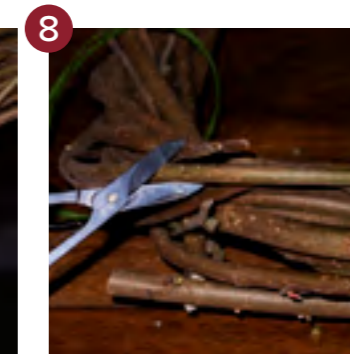
5 Collect the first willow twig and make into a circle holding the ends with one hand.



6 While holding the willow circle, twist the hazel around the willow approximately 5-15 times.



7 Repeat the twisting alternating between the willow and the hazel until the circle can hold itself together.



8 Cut off the bits of twigs which are hanging off.



9 Gather the apples and glue onto the wreath.



Lavender pillow

* Must be accompanied by a supervising adult.



What you need:

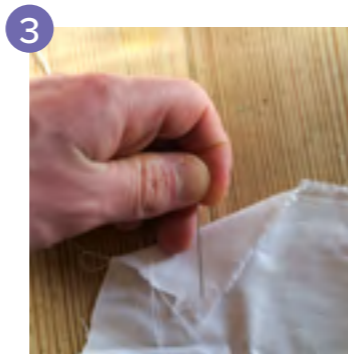
- Fabric
- Matching thread
- Sewing needle
- 150g of flax seed
- 30g dried lavender
- 30g dried chamomile



1 Measure out a square from the material (approximately 20cm x 20cm)



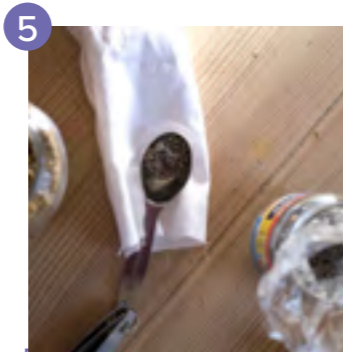
2 Cut out the measurement with scissors.



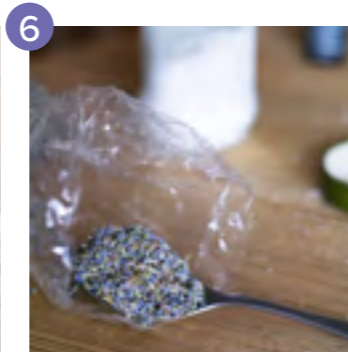
3 Fold over in half and make a rectangle. Sew two sides, leaving one side open.



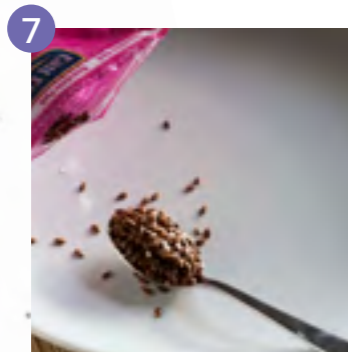
4 Fold the cloth inside.



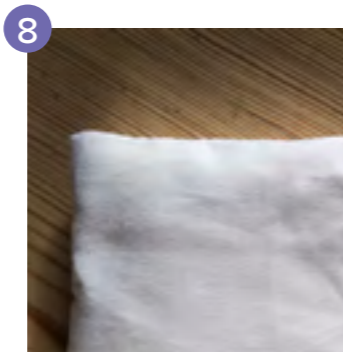
5 Collect dried chamomile and scoop into the pillow.



6 Collect dried lavender, and scoop the flowers into pillow.



7 Collect the flax and scoop into the pillow.



8 Stitch the remaining side.



9 Shake and distribute the contents equally along the pillow.



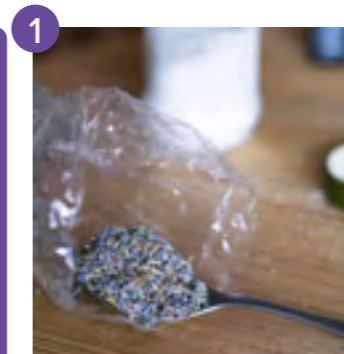
Lavender salt bag

* Must be accompanied by a supervising adult.

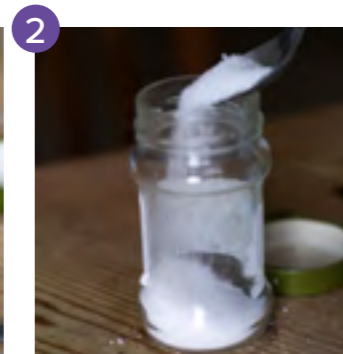


What you need:

- Bag of Epsom salts
- Bottle of Lavender essential oil
- Handful of Dried lavender
- Pack of small string tie bags
- Glass jar



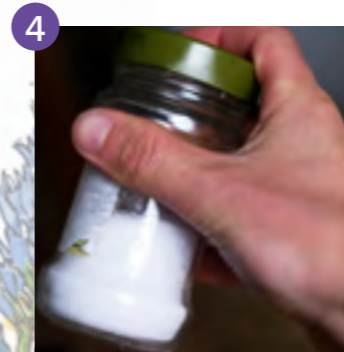
1 Collect the dried lavender.



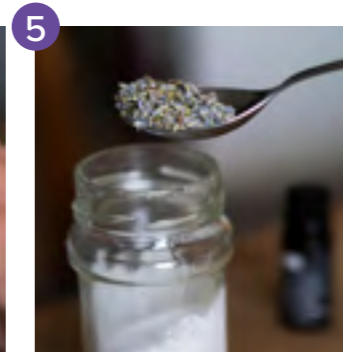
2 Fill a glass jar with epsom salts.



3 Add 30 drops of lavender essential oil.



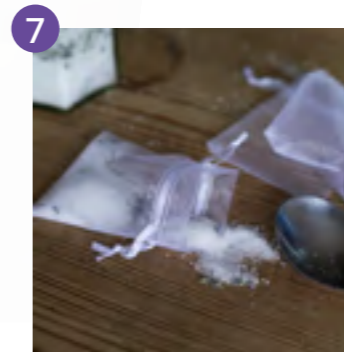
4 Stir or shake the salt for half a minute.



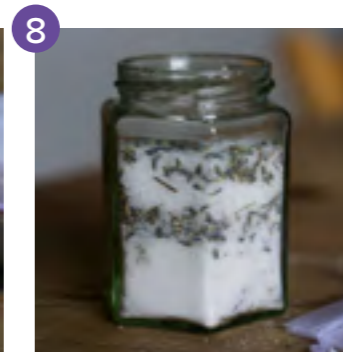
5 Add 5 tablespoons of dried lavender flowers and replace lid.



6 Stir or shake until the dried lavender is fully mixed with the salt.



7 Get a table spoon and dish the salt into the bag.



8 Smell the salt to check that it has a powerful smell of lavender. Add a couple more drops if necessary.



9 Tie a bow and they're ready to use! A relaxing bath awaits.



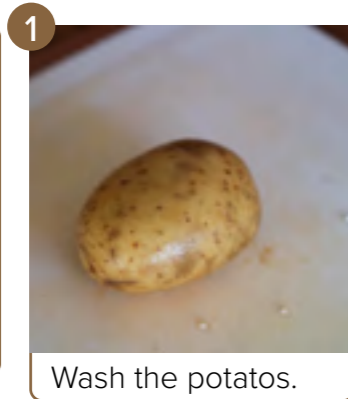
Potato face mask

* Must be accompanied by a supervising adult.

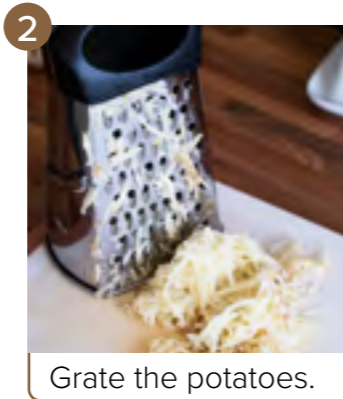


What you need:

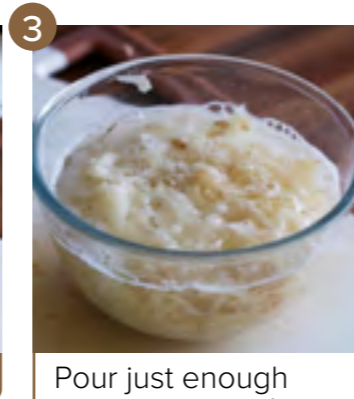
- 5 Potatoes
- 1 Muslin cloth or a fine sieve
- 100g natural yoghurt



1 Wash the potatoes.



2 Grate the potatoes.



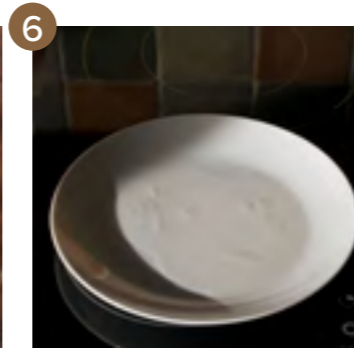
3 Pour just enough water to cover the grated potatoes.



4 Use a sieve to strain the grated potatoes into a different bowl (preferably glass) so you can later see the starch forming at the bottom of the bowl.



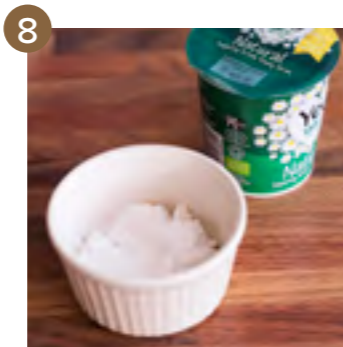
5 Decant the grated potato from the sieve into another bowl, and leave the starchy water to sit for 10 minutes.



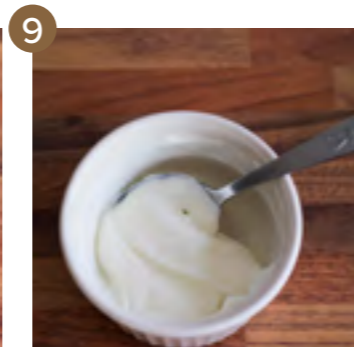
6 Pour the water out and leave the gloopy starch to dry out somewhere warm and dry.



7 2 teaspoons of dried starch.



8 Add 2 teaspoons of natural yoghurt. Mix together.



9 Apply to your face. Ensure that all your hair is tied back. Relax for 20 minutes then wash off.



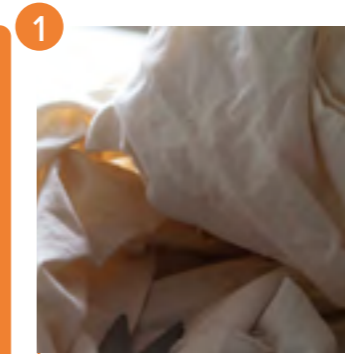
Carrot dyed scarf

* Must be accompanied by a supervising adult.

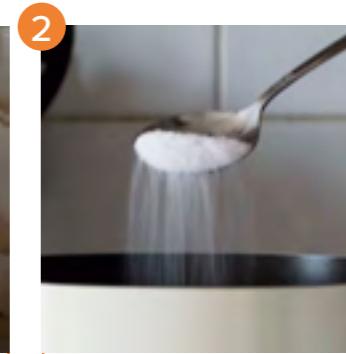


What you need:

- 3 carrots for a 80cm x 20cm material
- 50g salt
- 250ml white vinegar
- Unbleached fabric
- Kettle of water



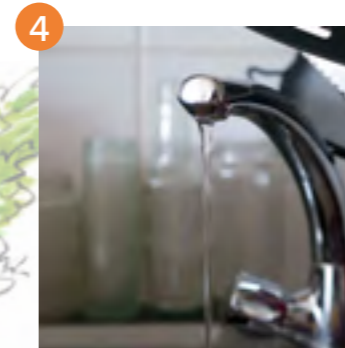
1 Measure at least 80cm by 20cm rectangle from the material. Carefully cut along the line with scissors.



2 In a saucepan boil the water, the white vinegar and salt.



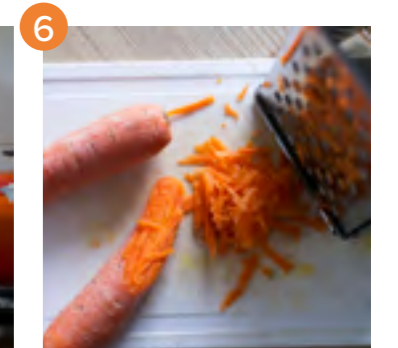
3 Add the fabric and leave to simmer for an hour. Pour waste down the sink when finished. Remove the fabric.



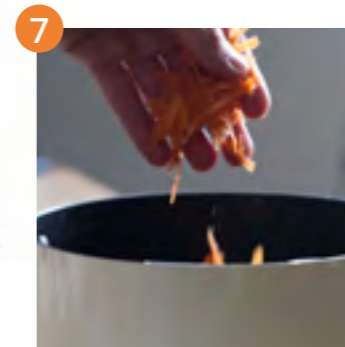
4 Add cold tap water into the saucepan and place on hob.



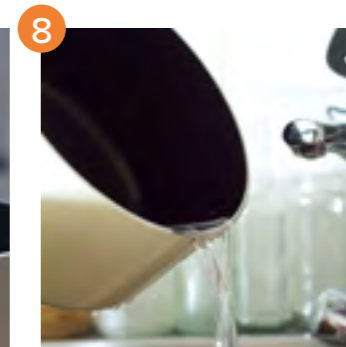
5 Put the cloth back into the water. Ensure that all the fabric is covered.



6 Finely grate the carrots.



7 Add the carrots to the fabric and boil and simmer for two hours.



8 Pour away excess water and carrot, and leave the fabric to dry.



9 Iron the material, fold over any frayed edges and stitch round the outside to make tidy.

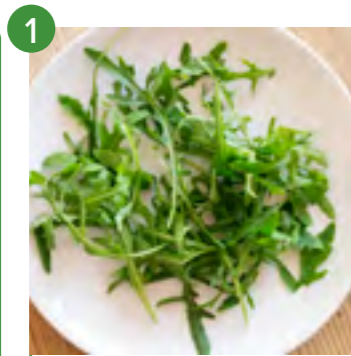
Rocket pesto

* Must be accompanied by a supervising adult.



What you need:

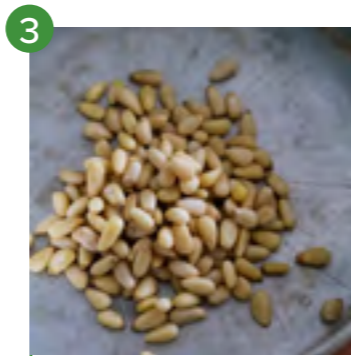
- 1 garlic clove
- Sea salt
- 25g pine nuts
- 50g wild rocket
- 25g grated parmesan
- ½ lemon
- 125ml olive oil



1 Collect rocket. (Too much rocket will make the pesto bitter).



2 Put the garlic and salt into a bowl.



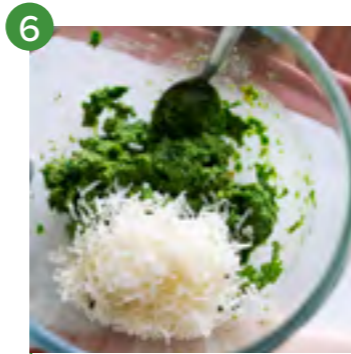
3 Add the pine nuts.



4 Pulse with the blender or a fork.



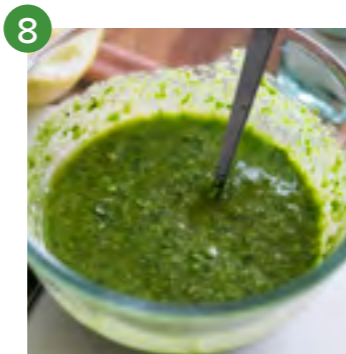
5 Add the rocket and pulse carefully until mixed. Do not over pulse.



6 Mix all ingredients into a bowl and stir in the Parmesan.



7 Next stir through the lemon juice.



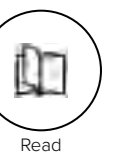
8 Pour in olive oil mix well until you have a juicy paste, seasoning as you go.



9 Pour into jar. Label the jar with the date. And write "Keep refrigerated". "Use within 3 weeks".

Green bean chutney

* Must be accompanied by a supervising adult.

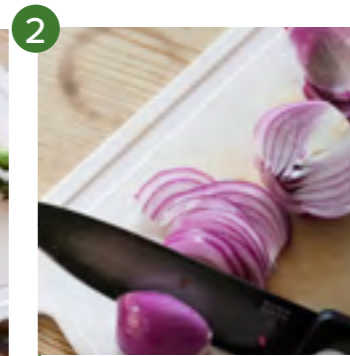


What you need:

- 600g runner beans
- 4 courgettes
- 2 apples
- 2 onions
- 450g white or brown sugar
- 1 tsp mustard powder
- 1 tsp turmeric
- 1 tsp coriander seeds
- 1 tsp cornflour
- 500ml cider vinegar
- Pinch of salt
- A sieve
- A Saucepan



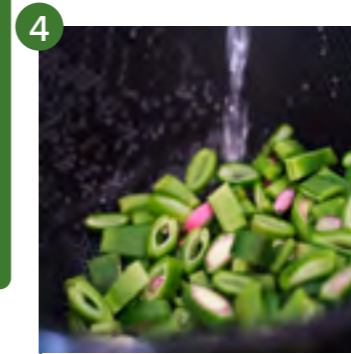
1 Collect and chop the runner beans finely.



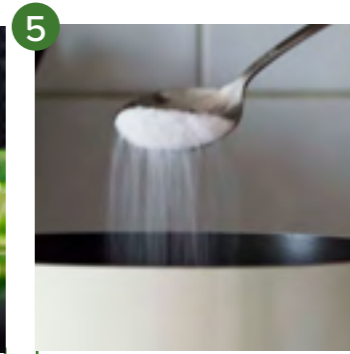
2 Cut the onions into strips.



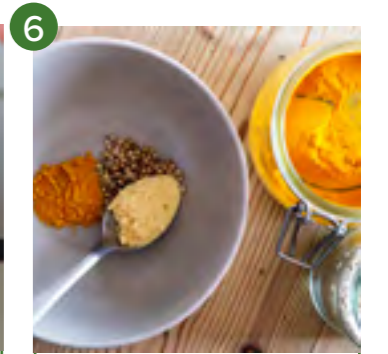
3 Add the beans with the onions.



4 Boil the runner beans and onions in boiling salted water for around 2 minutes. Drain then rinse through a sieve with cold water.



5 Place into saucepan about 250ml of vinegar and sugar. Leave to simmer for 20 minutes.



6 Mix the cornflour, mustard powder, turmeric, coriander seeds and stir into the onion and bean mix.



7 Cut the courgettes and apples into slices and then into small squares. Add the apple, courgette and 250ml of the vinegar and boil for 10 minutes. Then reduce and simmer for 1 hour.



8 Add the herbs, beans and onions, and the remaining. Mix all the ingredients in a bowl.



9 Scoop into a jar. Label with date. Allow to mature for 6–8 weeks.



Pumpkin seed bracelet

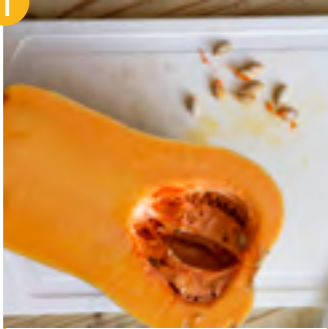


* Must be accompanied by a supervising adult.

What you need:


- Handful of Pumpkin seeds
- Needle
- Thin elastic
- Darning needle/tooth pick

1




Scrape the seeds out of the pumpkin into a bowl.

2



Wash the seeds with water in a bowl or colander.

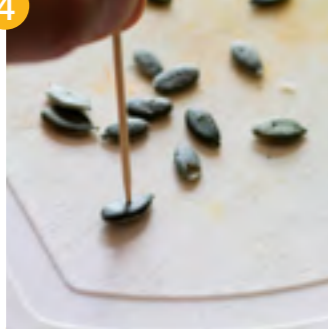
3



Pick off the remaining fruit from the seeds.

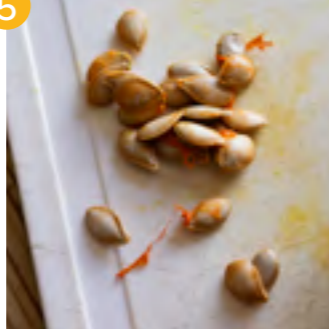


4



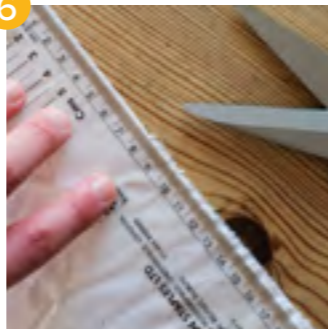
Puncture a hole for the seeds with darning needle/ tooth pick, or just poke straight through.

5




During this process some will break, so throw these away.

6



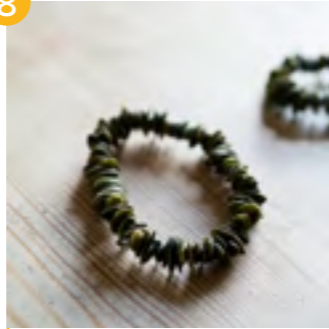
Measure 30cm of elastic and thread through the darning needle.

7




Pull the seeds through onto the length of elastic until you have enough to make a tie.

8



Tie each end of either cord together.

9



Leave to dry in a shoe-box or until the seeds are dry enough to wear on your wrist.

Courgette butter

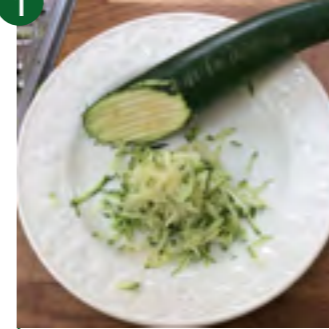


* Must be accompanied by a supervising adult.

What you need:

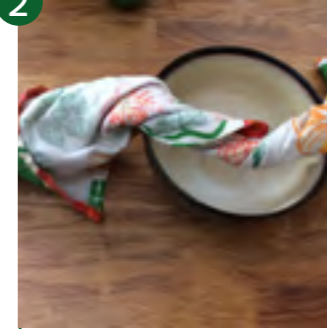
- 2 courgettes
- 200g butter
- 2 cloves garlic
- 1 shallot
- Pinch of Salt & Pepper

1



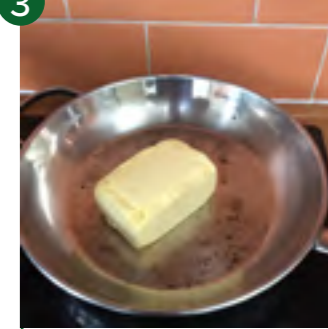
Grate courgette and put into a tea towel.

2



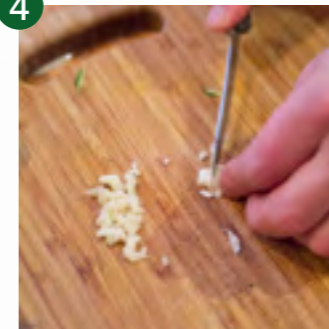
Squeeze out water in a towel.

3



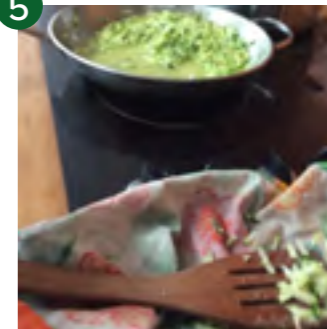
Heat butter in frying pan.

4



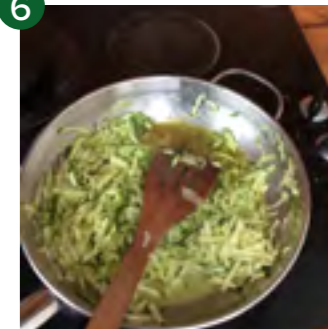
Cut shallots and garlic.

5



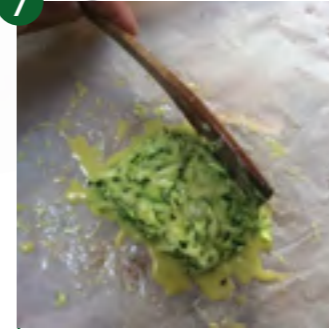
Add the courgette, shallots and garlic to the butter. Season with salt & pepper.

6



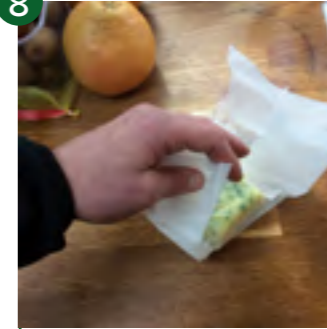
Stir for a while until the courgette gets really soft and everything goes to mush.

7



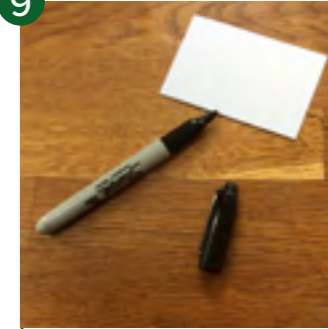
Leave the butter and courgette to cool on a plate. Once it is cooled, pat it into a cube.

8



Wrap it up in greaseproof paper. Or leave it in the fridge on a dish.

9



Label the butter with the date. And write "Keep refrigerated". "Use within 1 week".



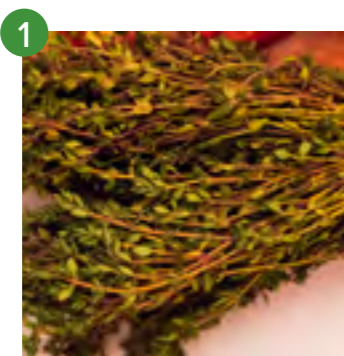
Herb soap



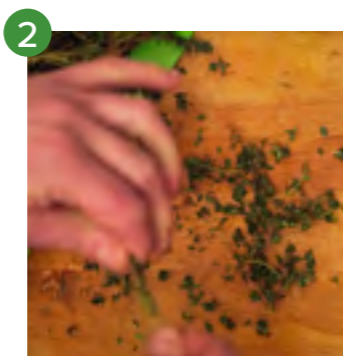
* Must be accompanied by a supervising adult.

What you need:

- 250g of 'soap noodles' bought from a store or online
- Handful of fresh parsley
- Handful of fresh basil
- Handful of fresh sage
- Handful of fresh thyme
- Handful of fresh rosemary
- 2-3 Drops Lavender oil
- Used margarine container



1 Collect the fresh herbs (parsley, basil, sage, thyme and rosemary).



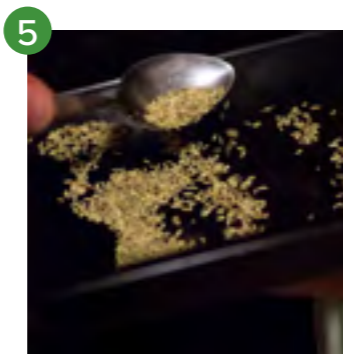
2 Remove the leaves from the stems and place them in oven tray.



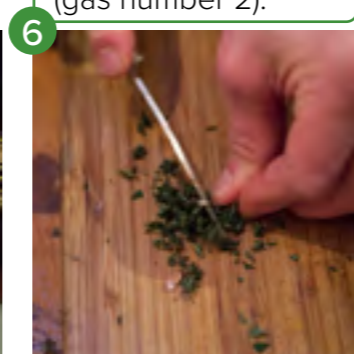
3 Place the tray in the oven but have the oven door ajar so that the air can circulate. Set the temperature to 150 degrees Celsius (gas number 2).



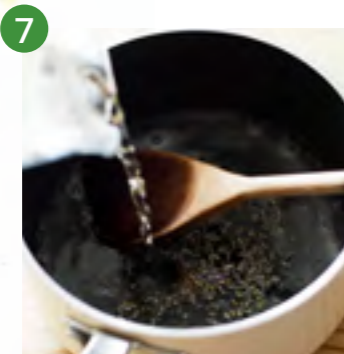
4 Check the racks tray every 15 minutes.



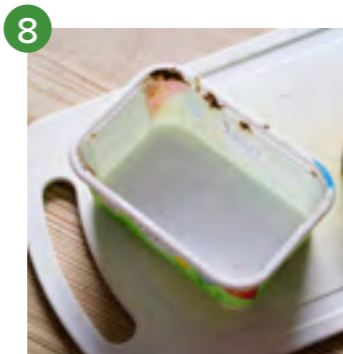
5 Shake the tray on each check.



6 Repeat the process until the herbs are dry. Cut the herbs into small flakes.



7 Place the 'soap noodles' into a saucepan, heat up. Once melted take off the heat and stir 1 tablespoon of each herb in the mix.



8 Add 5 drops of lavender oil and stir. Pour the mix into the container and leave to cool.



9 Once cooled remove soap from pot.



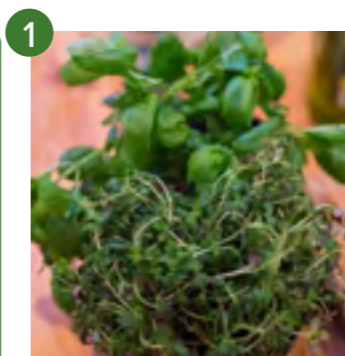
Pizza seasoning



* Must be accompanied by a supervising adult.

What you need:

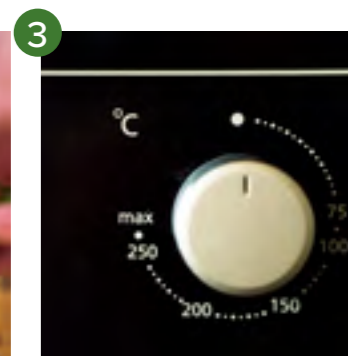
- Glass pot
- 5g Fresh Rosemary
- 10g Fresh Oregano
- 20g Fresh Basil
- 10g Fresh Marjoram
- 5g Fresh Thyme
- 1/2 tbsp dried onion flakes
- 1 tbsp sea salt
- 1 tbsp pepper
- 1/2 tbsp red pepper flakes
- 1/4 tbsp garlic powder



1 Collect the fresh herbs (oregano, marjoram, basil, rosemary and thyme).



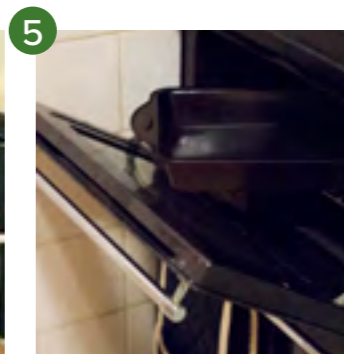
2 Remove the leaves from the stems and place them on four oven trays.



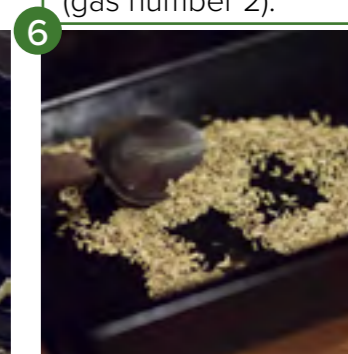
3 Place the trays in the oven but leave the oven door ajar so that the air can circulate and set the temperature to 150 degrees Celsius (gas number 2).



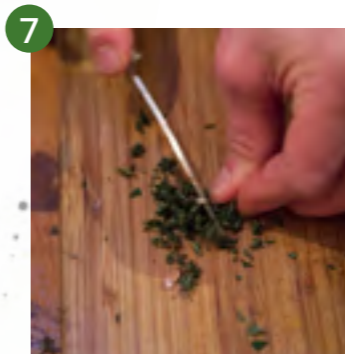
4 Rotate the racks every 15 minutes by moving each rack up one space and the top rack to the bottom.



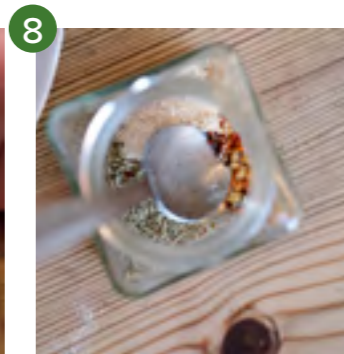
5 Turn over the herbs when changing the trays.



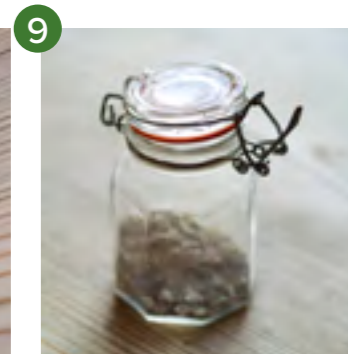
6 Repeat the process until the herbs are dry.



7 Cut the herbs into small flakes.



8 Scoop 1 tablespoon of each herb and mix well with the garlic powder, onion powders, chilli flakes and salt.



9 Spoon into the pot and date and label the jar.

THE FESTIVE SEASON



Read

Enjoy the produce that the garden has to offer. Use it up before it all disappears and make preserves, dry the herbs, and create fun little crafty gifts for the festive period.

The following is a list of the crafty gifts for either you, a friend, a family member or anyone else during the end of year festive period:

ACCESSORIES

- Pumpkin seed bracelet
- Lavender pillow
- Carrot dyed scarf

WELLBEING

- Apple sugar scrub
- Herb soap
- Potato face mask
- Lavender salt bag

DELI

- Rocket pesto
- Green bean chutney
- Courgette butter
- Pizza seasoning

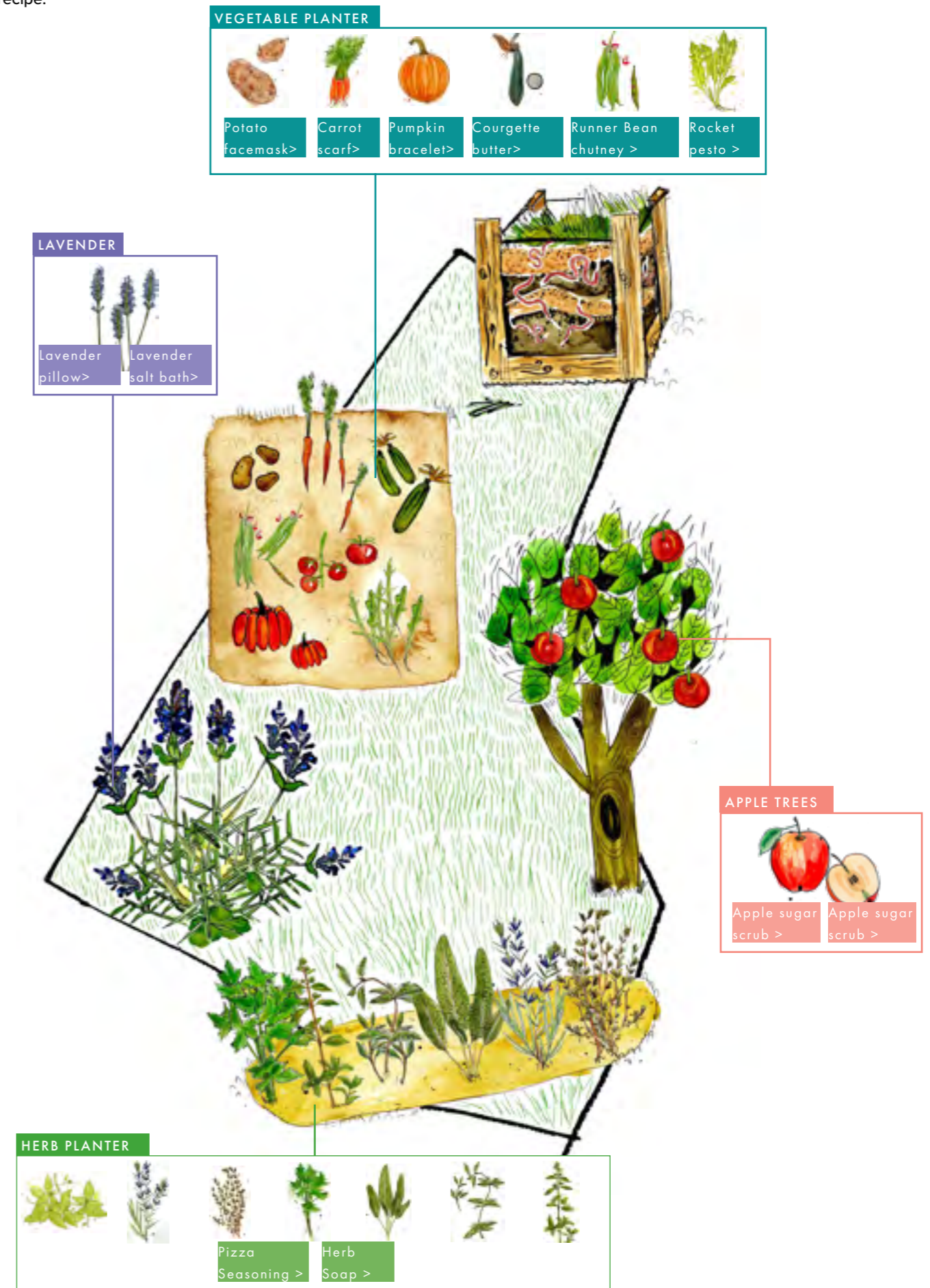
DECORATION

- Dried apple wreath



Click

This plan illustrates a garden or outside space with the 16 plants. The links on this page take you directly to the pages to online content for each recipe.



Part 4:

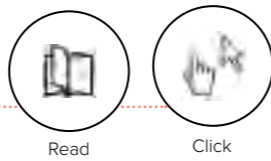
THE **END** IS THE **BEGINNING**

Between the months of December and March (winter) could be seen as the end of the seasonal cycle which started in spring. But by asking yourself ...“so what happens next?”... you will appreciate that we are also at the start of a new seasonal cycle.

In this section:

● The Planner	18
● Continuing the cycle	19
● Wormery - essential link	20
CONTACT and GET IN TOUCH	21

The Planner



Read

Click

Parts 1, 2 and 3 of this book offer ideas on how to grow the 16 plants through to cooking them as well as how they can be made into crafty gifts. By following the same plants through the seasons you appreciate the yearly cycle while appreciating that the plants and compost can be reused to continue the cycle into the next year.

This is a concept but the practicalities can be overwhelming. This planner structures all the information

in one grid to help see the bigger picture and helps give context from month to month and year to year.

The red links are interactive to online information. The column next to the June provides a link to the recipe. The column next to December will have online information shortly.

For more information jump back to 'Spring into Action'

[Spring into Action >](#)

	Jan	Feb	Mar	Apr	May	June	Recipe
HERB VEGETABLE PLANTER	Potato >			D> >C>	PS> W>	WJ> PW> WJ>	potato_wedges>
	Carrot >			D>	PS> W> PW>	W> WJ> WJ> PO>	carrot_hummus>
	Pumpkin >				PS>	UC> W> PO>	>pumpkin_seed_flatbread>
	Courgette >				PS> UC>	PO> W> W> PW>	courgette_dip>
	Runner Bean >		MC>		PS>	UC> W> PW> PO>	runner_bean_burger>
	Rocket >			UC>	PS>	W> PW> W> T>	rocket_salad>
	Lavender >		MC>	PS>		UC> W> WJ> PO>	lavender_tea> lavender_cordial>
HERB BED	Basil >			P> PS>	UC> W> PU>	W> WJ>	mixed_herb> fresh_herb_relish>
	Rosemary >			P> PS>	UC> W> PU>	W> WJ>	mixed_herb> fresh_herb_relish>
	Thyme >			P> PS>	UC> W> PU>	W> WJ>	mixed_herb> fresh_herb_relish>
	Parsley >			P> PS>	UC> W> PU>	W> WJ>	mixed_herb> fresh_herb_relish>
	Sage >			P> PS>	UC> W> PU>	W> WJ>	mixed_herb> fresh_herb_relish>
	Oregano >			P> PS>	UC> W> PU>	W> WJ>	mixed_herb> fresh_herb_relish>
	Marioram >			P> PS>	UC> W> PU>	W> WJ>	mixed_herb> fresh_herb_relish>
	Apple >	P>	PS>				PO>

The red letters which look like this: **WHN>** are clickable.

KEY

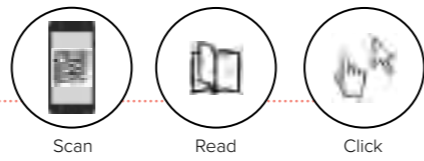
- C> - Chitting
- HA> - Harvest
- T> - Thinning out
- CS> - Collecting seed
- P> - Prune existing plant
- UC> - Using Compost
- D> - Digging Over
- PO> - Planting seedlings out
- SS> - Growing specifically for seeds
- GS> - Leave to go to seed
- PS> - Planting seeds
- W> - Weeding
- M> - Mulching
- PW> - Priority Watering
- WJ> - Using worm juice.
- MC> - Managing compost
- PU> - Potting up



Click

	July	Aug	Sept	Oct	Nov	Dec	Crafty	
HERB VEGETABLE PLANTER	PW>	HA>	CS>	W>	M>		potato_face_mask>	Potato >
	W> SS>	HA>		CS> W>	M>		carrot_dyed_scarf>	Carrot >
	W> WJ>	W> WJ>	W> PW>	HA> CS>	CS>		pumpkin_seed_bracelet>	Pumpkin >
	PW> WJ>	HA> CS>	W>		M>		courgette_butter>	Courgette >
	WJ>	HA>	GS>	CS>	M>	MC>	green_bean_chutney>	Runner Bean >
	W> WJ>	HA>	SS>	CS>	M>		rocket_pesto>	Rocket >
	SS>							
	P> W>	HA>	GS>	CS>	M>	MC>	lavender_pillow>	Lavender >
	MC> WJ>						lavender_salt_bag>	
	W> WJ>	HA>	GS>	CS>	M>		pizza_seasoning>	Basil >
HERB BED	W> WJ>	HA>	GS>	CS>	M>		herb_soap>	Rosemary >
	W> WJ>	HA>	GS>	CS>	M>		pizza_seasoning>	Thyme >
	W> WJ>	HA>	GS>	CS>	M>		herb_soap>	Parsley >
	W> WJ>	HA>	GS>	CS>	M>		pizza_seasoning>	Sage >
	W> WJ>	HA>	GS>	CS>	M>		herb_soap>	Oregano >
	W> WJ>	HA>	GS>	CS>	M>		pizza_seasoning>	Marioram >
	W> WJ>	HA>	GS>	CS>	M>		herb_soap>	
	W> WJ>	HA>	GS>	CS>	M>		pizza_seasoning>	
TREE		HA>	CS>		M>	MC>	apple_sugar_scrub>	Apple >
							dried_apple_decoration>	

Continuing on the cycle



Fundamental to this book is to understand that the 16 plants used, the activities and the seasons are all connected and belong to a bigger picture. So what happens now we are the end? Well, it is now time to stop and reflect and realise that we at the end and also the start.

By using the 16 plants that enthralled you in the garden, provided you with fresh food, and treated you to gifts, we hope that it has got you asking and thinking "what happens next" from one season to the next...

There are many ways to garden, cook and make crafty gifts, and this book offers ideas on how to do this but is

by no means the only way or best practice. That's not the point... The main point behind this book is to promote the concept of ongoing sustainability:

That the garden, cooking and making crafty gift activities are all interconnected and belong to an everlasting continuous cycle.

Appreciating and having fun while understanding this cycle is the most important thing... Because with fun comes the momentum and energy The more fun you have the more likely you will do it again. And it only gets more fun as the cycle continues.

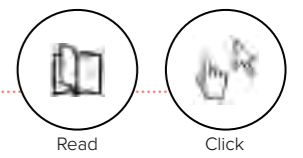
Click or scan here to see an example of how our philosophy on self sufficiency applies to cooking...



Scan



Wormery - the essential link



However, it is important to make clear that the essential link between each year to enable this continuous life cycle is compost. Compost is essential in any natural life cycle. It breaks down live things and feeds in to the growth the following year. Compost and recycling comes in multiple forms.

There are many ways we can recycle but in this book we have used a wormery. It has become an emblem to the concept of recycling. That's not to say you can not continue composting with different methods. The worms are a great addition to any system.


Worms are great... in this book we have presented their benefits:

- The fact they use our waste...
- The worm compost for planting seeds...
- Worm juice to help grow...

The best thing about this is not only are you self sufficient but the food you grow will be of the greatest quality. The nutrients and lack of chemicals means that one leaf of rocket be much more nutrient rich than the rocket you buy from the stores.

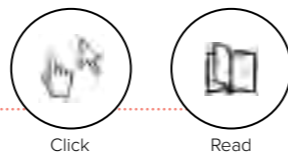
To recap on what you need to do for the worms here is what they can and can not eat:

FOOD FOR THE WORMERY:

YES	NO:
<ul style="list-style-type: none"> • Vegetable & fruit peelings • Spent coffee (& filter bags) • Tea bags • Eggshells & toilet rolls • Cooked pasta, rice and vegetables • Bread (small amounts) • Shredded paper & cardboard. 	<ul style="list-style-type: none"> • Onion • Garlic • Citrus (lemon, lime & orange) • Meat • Oil • Dairy 



CONTACT & GET IN TOUCH



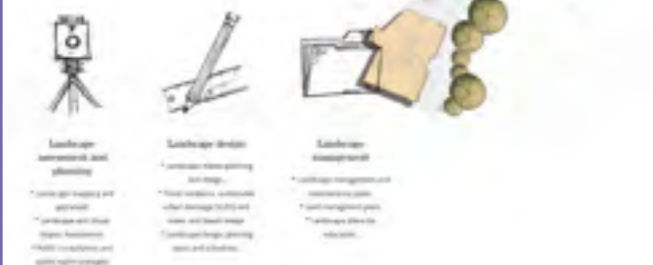
The main person behind this book is Arthur Daw. A chartered landscape architect who specialises in sustainability and wellbeing.

Visit his website www.arthurdaw.com and his aspirations to promote wildlife, new food systems and health as part of the landscape.



Landscape architecture, environmental enhancements, sustainability and well-being.

Promoting a landscape approach to planning and design.



arthurdaw.com

WHAT HAPPENS NEXT?

Hopefully you have picked up a pattern that we like to ask: "What Happens Next".

This book is called Seed to Celebration and it is a concept design by the What Happens Next Project. The What Happens Next Project is an educational platform which strives to make people aware of sustainability issues.

Seed To Celebration is a concept which has been designed to inspire people to appreciate the outdoors, the seasons and nature. Essential if we are looking to promote and protect the environment.

GET IN TOUCH:

The project and this book is continuously being improved in its quest to promote self sufficiency. We are looking for partners to help.

We are would like to work with partners to improve the content.

Click here for more information:

[Seed to Celebration brochure >](#)

We do not just need support on the content. To create a self sufficient continuous cycle the Seed to Celebration approach, there are many different elements to consider. To name a few:

- Organic food
- Understanding nutrients
- Recycling and improving soil health
- Planting trees
- Craft and mini enterprise

info@whathappensnextproject.co.uk
 07989358616
www.whathappensnextproject.co.uk

We are looking for partnerships! For example see below and get in touch...

Organic food: We are totally on board with the new plant based diets. There are so many food recipes and other new ways to consume vegetables like smoothies and juices. This book is just one quick menu from the garden. We would like to team up with organisations who can share information on how to consume seasonal, organic and heritage vegetables. This would be an organisation who supports food security and self sufficiency. Does this resonate with you? If this is this something that you do then get in touch >

Recycling and soil health: We are looking to build a partnership with organisations who respect the importance of soil. This is critical to our philosophy. We are open to new ways to recycle but ultimately what excites us most is that waste can be used to create organic nutrient and mineral rich soil. Does this resonate with you? Is this something you do? Get in touch >

Craft and mini enterprise: Lavender is amazing. It is a really good plant for the garden as wildlife loves it. But more than that it is used for so many things. And it can be picked and used in many different ways. You can eat it, use it for relaxation and well-being, for craft gifts and health and beauty products, the ideas are endless. One of the themes within our concept is using plants in commodities which we like to use in modern society. It is likely that this will be on a small scale. If this is something you know about or have ideas where this could be applied, then get in touch >

Trees: Most people have now worked out that trees are absolutely amazing. Everyone wants to see trees but unfortunately for whatever reason we are struggling to justify trees everywhere. So we think that trees which have a use are more likely to be protected. We are not just talking as a CO2 sponge, but for eating, using for craft activities and for coming together and celebrating every year. Does this resonate with you? Is this something you do? Get in touch >

Understanding nutrients: Herbs are more than just food. They have been used for thousands of years in medicine and to supplement our diets. That is because the herbs are packed full of properties which can make us healthy and strong, while healing our illnesses and slowing down ageing. The supplement and health industry is booming. What is more healthy than growing your own supplements in nutrient rich soil. Maybe you make teas or supplements, or know about the health and wellness industry. ... If so get in touch >



GIVEAWAY
× SEED TO CELEBRATION ×
GIVEAWAY

