



Food growing in our neighbourhood

These seedlings have been grown as part of Incredible Edible Lambeth's **'Building stronger communities - growing for our neighbours'** project. You are welcome to take a few seedlings and grow them on in your own garden. If you know of vulnerable people who really need some fresh vegetables at this time, why not take a couple of plants for them? Or grow on extra veg and share the produce later.

The seedlings will need repotting into a large pot or (preferably) into the ground as soon as possible. After digging a hole for your seedling, make sure you pour plenty of water into it, before carefully transplanting (with as little root disturbance as possible). Keep your seedlings watered after transfer!

By growing your own food (however little) you are part of a movement of growers working to transform our food system, to a healthier, more local, more caring one.

We are setting up a 'harvestometer' on our website, to record how much veg you harvest - find out more by visiting www.incredibleediblelambeth.org and please consider becoming a member - click 'Join' - it's free.

Thank you

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