



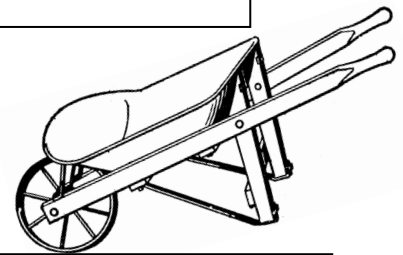
Community Growing Project Newsletter

February 2015



Cold Snap

Despite the continuing cold weather the seeds sown in January sprouted in February bringing a little colour to the polycrubs. The rate of growth has been encouraging and steady, we are on track to have a harvest towards the end of April. The images show the contrast we have experienced over the past month, the chilly outdoor conditions and the sprouting plants in the warmth of the polycrubs.



The Growing Project team would like to thank a few people who have made donations to the project. Donald Hope, Ness, has donated two red grape vines from his own successful hydroponic system (growing without soil). These plants will begin to fruit in 3 years. To Kristina MacKay, Shawbost, who donated a plant pots and to Maureen Buchanan, Steinish, who donated a number of punnets to the project which will be put to good use. Welcomed anonymous donations of tools were made to the growing project shed this month for which we are very grateful for. We will gladly receive any gardening tools that could be put to good use. Any old or spare tools would be kindly received by the project we would especially welcome.

Thank You



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As the growing begins there is plenty of opportunity for volunteer work at the polycrub site in Shawbost. We will welcome any time generously given, no experience is required as direction will be given by David Murdo, Gardener. The tasks vary from watering, weeding, destining, sowing, seaweed gathering. If you are interested in helping out in any way please don't hesitate to contact us



Volunteering

Up and Coming Events

12th- March 2pm- Specialist Dietitian, Ashleigh Macaskill, from NHS Western Isles will be at Ionad na Seann Sgoil to provide a short talk on health eating and the benefits of eat fresh fruit and vegetables with a question and answer session. So if you are looking to change your diet and learn more about how to make small changes with positive effects don't miss out.

25th March- We are very excited to be hosting a drama performance of *The Worm: An Underground Adventure*, the production company EcoDrama provide educational and exciting activities for school children to spread an environmentally friendly message. We expect to have a number of children from Sgoil Bhreascleit attending.

Kitchen Canny- Will provide training to a core group within the community. Then we will roll out this initiative to everyone in the community, providing *Kitchen Canny* Kits to help reduce household food waste and save you





Get in Touch

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