



ONE PLANET  
MIDDLESBROUGH

*creating sustainable communities*

# Growing your own food



## Why grow your own?

Growing your own food, even a small amount, is a great way of improving your health and helping the environment.

- Growing your own food can **save you money**
- Because your food is not transported or packaged, it has a **very low carbon footprint**
- Being outside and working in a growing space keeps you **fit and healthy** and is good for your mental wellbeing
- Fresh fruit and vegetables usually have the **highest amounts of vitamins and minerals**
- It's also a great activity for the whole family and a good way of **making new friends**



LOTTERY FUNDED

Find out more at [www.menvcity.org.uk/opm/](http://www.menvcity.org.uk/opm/) or [www.middlesbrough.gov.uk/](http://www.middlesbrough.gov.uk/) (search for 'allotments') or complete the form overleaf



# Finding a space to grow food

Warm, sunny **windowsills** are perfect for growing lettuce and herbs and it's a great way to get started. Use a small container or pot, make holes in the base and fill with compost. Sprinkle on seeds, cover them lightly, water and leave to grow. Harvest by cutting the leaves with scissors.

If you have a **balcony, small yard or patio**, use plant pots or grow bags. Salad vegetables, carrots, potatoes, strawberries and small fruit bushes grow well this way.

If your **garden** is a little larger, you could make a small growing bed. You will be able to grow a wide range of vegetables. You could also include a small fruit tree.

**Community gardens** are shared spaces at schools, community centres or within areas of housing. Small plots are provided, with growers sharing greenhouses, tools and equipment. There is sometimes a charge, and plot holders share the responsibility of maintaining the communal spaces. Sometimes it's possible to create your own growing space on a patch of unused land too.



**Allotment plots** provide the biggest areas of growing space, although plot sizes vary from around 50 to 300m<sup>2</sup>. There can be several hundred plots on one site, and these are managed by Middlesbrough Council. Facilities, such as toilets, vary but are not usually shared; each plot holder works independently in their own space. There is an annual rent payable per plot with an agreement and rules to sign. Plots may not be available immediately, but a waiting list system is in place for all sites.

Middlesbrough Council have allotment sites across the town and you can find out more by calling (01642) 300508.

## Find out more

Complete the slip below and return it to MEC, 1 North Road, Middlesbrough TS2 1DE, call (01642) 243183 or email [oneplanetmbro@menvcity.org.uk](mailto:oneplanetmbro@menvcity.org.uk)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**I am interested in growing food (please tick all that apply):**

At home

At an allotment site

In a space in my community

Or learning how to grow food

