



# Grow to Give

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## Your Grow to Give Guide

### Step 1: Getting Started

Now that you have your Grow to Give guide, you can make a start on sowing the seeds of kindness. The idea is that you can grow whatever you like, whether that's plants, flowers, or veggies! Anything you nurture over the coming months will help to raise vital funds for Horatio's Garden and bring a little bit of joy to your local community when you gift someone your homegrown produce.

The best part? It doesn't matter if you've got a garden, balcony, window box or yoghurt pot - everyone can get involved. On the back of this guide you'll find a few top tips to inspire you, whilst our Grow to Give webpage will be continually updated throughout the spring and summer with fresh ideas and advice from all your favourite experts.



## Step 2: Get Growing

Once you've decided what you'd like to grow, it's time to make sure your plants are well looked after. Most seed packets will have instructions on how to take care of your new additions, so simply follow those to the letter and you should have a bountiful harvest at the end of the season!

If in doubt, books and the internet will be your greatest resource and remember there's no such thing as a silly question. If you're really puzzled, or even just want a little more support and direction, you can always drop us a line by writing to us at our registered address, or by emailing:

**[fundraising@horatiosgarden.org.uk](mailto:fundraising@horatiosgarden.org.uk)**

and our expert head gardeners will be sure to have some good advice.

It's always a good idea to plant a few things, whether you pop different varieties in the soil at the same time to grow together or stagger them according to their seasonality. Naturally, some plants will simply do better than others, so it's good to have a few options - plus, if you're growing vegetables, the more you grow the more delicious dishes you'll be able to make!

## Step 3: Spread the Word

Once you've started growing to give, why not tell everyone about your new project? Spreading the word about what you're up to via social media, whether that's Facebook, Twitter, Instagram, WhatsApp or any other medium you can think of, is a great way to get more people involved in the fun.

Remember to mention how Grow to Give will be supporting Horatio's Garden, helping us to continue to improve the lives of everyone affected by spinal injury. Tell people that by getting involved, they will be making a huge difference to people who are facing incredibly difficult times and long stays in NHS hospitals.

Importantly, make sure you direct your friends and family to our website:

**[www.horatiosgarden.org.uk/growtogive](http://www.horatiosgarden.org.uk/growtogive)**

so that they can access all the resources they'll need to join in too. Grow to Give is a wonderful way to encourage everyone to get back to nature, not least because it offers children a brilliant, hands-on learning opportunity to enjoy throughout the spring and summer.





#### Step 4: Encourage Donations

Once you've harvested the fruits of your labour, it's time to encourage donations with your little acts of kindness.

Gather up a selection of whatever you've been growing and give it away to whoever you like. It may be that you leave a basket of vegetables on an elderly neighbour's doorstep, or gift someone a bunch of homegrown flowers and some jam. It's totally up to you!

When you leave your gift for someone to find, make sure you include one of our little A6 calling cards to tell the receiver where their gift has come from, what Grow to Give is all about and to suggest that they donate £5 to the charity by way of a 'thank you'. You can download the A6 calling cards from:

[www.horatiogarden.org.uk/growtogive](http://www.horatiogarden.org.uk/growtogive)

Each card contains instructions on how to donate £5, which is simply by texting GARDEN to 70450, so hopefully everyone will be able to give generously to show their appreciation of your incredible efforts.

#### Step 5: Tell Us Your Story

We would love to see and hear all about your Grow to Give journey and why you chose to support Horatio's Garden.

During and after the growing season, please do drop us a line to let us know how much you've enjoyed taking part and attach any photos that you would be happy for us to share on our website and social media. Simply write to us at our registered address, or email [fundraising@horatiogarden.org.uk](mailto:fundraising@horatiogarden.org.uk).

Alternatively, if you're social media savvy, tag us using @horatiogarden and use #growtogive and we'll be sure to see what you've been up to! You can also follow us on social media (@horatiogarden on Twitter, Facebook and Instagram) to see how others have been getting involved, as well as to find out more about the difference the money you raise makes.



# Top Tips to Get You Started

## From Head Gardener of Horatio's Garden Stoke Mandeville, Jacqui Martin-Löf

All the suggestions below are easy to grow and can be sown indoors on a light windowsill (not in direct sunlight all day). Seeds can be sown on a multiple of mediums and below are just a few ideas:

### Wheatgrass

A sprouting seed hailed as a 'super food'.

Place a double layer of kitchen paper in a shallow dish or tray. Thoroughly wet with cold water and then drain off excess water. Sow the Wheatgrass seeds over the wet kitchen paper. Place in a warm, light position. Keep the kitchen paper moist (maybe with a mister) but not saturated. Ready to harvest with a pair of scissors 5-10 days after sowing.

### Peas

For pea shoots to be used as microgreens in salads, as a tasty garnish, or in stir fries.

Soak your pea seeds in cold water for 8-24 hours. Then drain off the water. Fill a shallow seed tray (3-5cm deep) with compost. If growing in your kitchen, you could use a decorative bowl if you wish - just be careful to not allow the compost to become waterlogged. Evenly scatter pea seeds, not touching each other, in a single layer on the compost. Cover with approximately 1.5cm of compost. Water to dampen all the soil, but try not to let the compost become waterlogged or the seeds will rot. Place on a sunny windowsill and keep compost moist. Pea shoots will germinate in approximately 3-4 days. Continue to keep compost moist and rotate the bowl to allow even light distribution.

Harvest with a pair of scissors once the pea shoots reach 10-12cm. If you are lucky, you may get a second crop from these pea plants. Otherwise, plant in succession with a second batch.

### Beansprouts (Mung Bean)

A quick, very easy sprouting seed and a nutritious 'super food'. Firstly, wash the seeds to be sprouted in cold water, then soak in water for 8 hours. Drain the water then place seeds in a jar and cover with a cloth or an old plastic pot with holes in the lid, before placing on a light windowsill. Thereafter, twice each day, rinse well with tepid water and drain. Ready to harvest as sprouts in 5-6 days.

### 'Magic Beans'

Growing Runner or French Beans is a great activity for everyone! You could do a 'tallest bean' competition, or just grown them for fun. You will need: a large clean jam jar or plastic bottle with the top cut off, some six beans, kitchen paper, water and a sunny windowsill. Firstly, using two sheets of kitchen paper, fold them in half and then make a cylinder shape with them. Insert them into the jar or bottle, hugging the inner curves. Then infill the centre of the kitchen paper cylinder with scrunched up kitchen paper. Evenly place your six beans between the glass and the kitchen paper cylinder. Water the centre paper so that all the paper is soaked but not flooded. Place on a warm windowsill and watch the germination in approximately 5-7 days. Once large enough they can be planted outside, taking care to protect from frosts.

### Beetroot

For shoots to be used as microgreens in salads, or as a tasty garnish. Beetroot seeds can be sown in the same way as peas but there is no need to soak the seeds first.

**If you have any questions about Grow to Give, our handy FAQs document is available online at [www.horatiosgarden.org.uk/growtogive](http://www.horatiosgarden.org.uk/growtogive). If you can't find the answer there, please don't hesitate to get in touch by writing to us at our registered address, or by emailing [fundraising@horatiosgarden.org.uk](mailto:fundraising@horatiosgarden.org.uk).**

**Visit our website [www.horatiosgarden.org.uk](http://www.horatiosgarden.org.uk) for more information**

**Tel 01722 326834 | [info@horatiosgarden.org.uk](mailto:info@horatiosgarden.org.uk) | [www.horatiosgarden.org.uk](http://www.horatiosgarden.org.uk)**

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