

Hello,

Happy Herbs
food growing
kit

Welcome to your #LancWestGrowsBest Happy Herbs food growing kit. Growing your own food saves money, cuts down on carbon and it's so satisfying to watch as your seedlings start to sprout!

This kit has been specially designed to help you create your own mini herb garden, so that whatever your space and whatever your experience, you can grow your own delicious food at home.

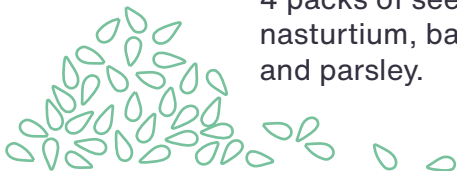
This booklet is printed on recycled card!



You're part of something exciting!

#LancWestGrowsBest is a brand new initiative all about supporting residents of Lancaster West Estate to grow, eat and share delicious food right here on the estate.

In this kit you'll find...



4 packs of seeds: chives, nasturtium, basil and parsley.

2 pulp trays - a home for your herbs.



You can pick up free compost to fill up your pulp trays from Robert in the Tea Garden.



Inspiration for making your own plant pots.

Recipe ideas for when your herbs are ready to eat.



All of the seeds in your kit are ready to be planted right now. Take a look at the back of the seed packet for more growing information.

Make your own plant pot

We've given you a couple of pots, but you'll need one or two more to plant all your seeds.

Plant pots can be expensive and are often made from plastic. You can make your own from things at home, like biscuit tins, cans or tubs.

Add drainage holes to prevent soil from becoming too wet, which can drown your plant or make it go mouldy. Add small stones or broken crockery for drainage.

Place your pot on top of a plate or saucer to avoid creating a mess when watering your plants.

Decorate with colourful paper, paint or buttons to create a pot that's uniquely yours.

What will you use as a plant pot?



Recipe ideas

Chives

These gorgeous herbs not only look and taste good, but pop them outside and their bright purple flowers attract bees and butterflies, helping us take care of our local mini-heroes.

Add your chives to our special alternative to guacamole using peas - it's peacamole!



Find the recipe at:
www.hubbub.org.uk/peacamole

Nasturtium

Wondering why we've put flower seeds in a food growing kit? Well, these gorgeous nasturtiums are a treat for the eyes and the belly!

Stuff them with cheese, slice them up in homemade dips, or use them to brighten up any salad!



Recipe ideas

Parsley

This versatile herb is perfect in soups, salads, and a wide range of other dishes.

Our red pepper hummus flavoured with parsley will keep you coming back for more.



Find the recipe at:
www.hubbub.org.uk/red-pepper-hummus

Basil

Much-used in Italian cooking, this fragrant herb goes perfectly with pizza, pasta, gnocchi, and a whole host of other meals too!

Use your homegrown basil and save your stale bread from the bin at the same time by making a delicious panzanella salad.



Find the recipe at:
www.hubbub.org.uk/panzanella

Be part of the community

Join your neighbours in the **#LancWestGrowsBest** online community and share progress on your plants, swap cooking tips, and **enter monthly competitions** to win more gardening goodies!



Scan here to learn more!

Or search 'LancWest
Grows Best' on Facebook.



Registered Charity No. 1158700

