

# GROWING WITH GRACE organics



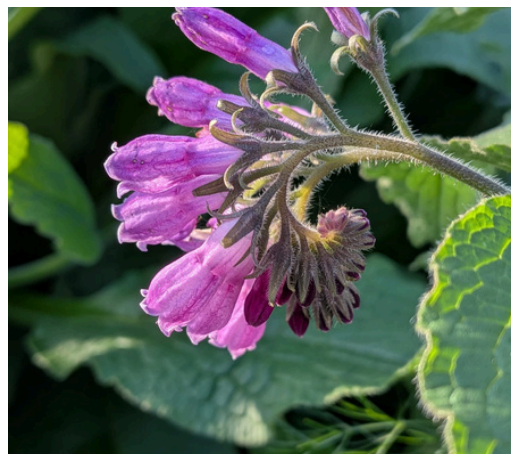
## Growing News - and Tomato Day!

The propagating tables are bursting and we're so grateful to have a number of WWOOFers staying with us at the moment, as well as our wonderful weekly local volunteers, to help with planting out. By the time you read this we will be preparing for our annual **Tomato Day 16<sup>th</sup> May starting at 10am** where we're aiming to plant over 1000 tomato plants - there will be everything from cherry tomatoes to beef tomatoes planted, as well as Heritage tomatoes, always a favourite. Come and join us - lunch provided!

Right now, spinach, chard and salad leaves are regular features in our boxes. Broad beans, sugar snap peas, shelling peas, green onions are all doing well and will be available through the Delivery Scheme and Farm Shop soon.

We have been busy planting courgettes and French beans - in 3 colours, yellow, purple and green! - ahead of the tomatoes that will be going in on Saturday the 16<sup>th</sup> May, along with aubergines and peppers. Let's hope for some lovely Mediterranean sunshine to cheer them on for harvesting in mid-late July! Kale and beetroot are also ready to go in the ground - kale will be available quite soon.

This is always our busiest season for growing - the old plants bolt, the weeds grow along with the vegetables and the timescale is tight for planting out and harvesting. If you'd like to come and lend a hand, meet some other like-minded organic folk and share a wholesome, tasty lunch - come along on a Thursday! Or get in touch to arrange another day to join our growers. We'd love to see you!



## The Magic of Comfrey

There's a lot of comfrey growing in the greenhouses! Wild comfrey reproduces prolifically! There is a variety called Bocking 14 that is probably worth purchasing as it doesn't spread and keeps coming back every year.

Comfrey is used as a soil conditioner, compost accelerator, mulch and liquid fertiliser. The liquid fertiliser provides a rich source of potassium, among other lovely nutrients. It has tap roots that go deep into the soil, which bring up nutrients, including trace minerals from deep in the soil. These nutrients are then stored in the leaves, which make a rich liquid fertiliser. We make our comfrey liquid this way:

- take a 6-inch pipe and stuff with comfrey leaves
- put a sieve at the base of the pipe and a funnel beneath it
- insert the funnel into a barrel
- add a weight to the top of the pipe to press down the comfrey
- Leave it to do it's magic, a dark liquid will drain into the barrel
- use this liquid in a 10:1 ratio to water your young plants and fruiting plants
- sit back and watch your plants flourish!



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## Developments on Site - continued!

The single-span polytunnel is now complete and already serving as an additional propagating house, while resources continue to be developed to create a bespoke facility to grow moorland plants, trees and mosses. This was made possible by your kind donations to our 25 for 25 appeal and a grant from Farming in Protected Landscapes (FIPL).

FIPL want to continue to work with us to further the project, and The Dry Rigg Quarry has also offered grant support to fund the refurbishment of the multi-span polytunnels. We are excited and hugely grateful for the support offered by both organisations.

The work to clear and prepare the site, and skin the single-span polytunnel took a massive effort and we are extremely grateful to all those who offered their time, support and energy to make it happen!



## DELIVERY SCHEME

Please remember to cancel - \*\*and reactivate!\*\* - your orders over the holiday period - it's straightforward to do on the Ooooby website, but please get in touch if it's not working for you.

We know that many of you grow your own veg and need less of ours over the summer months - if you don't need your usual veg box, how about trying a Fruit or Salad Box? Or a Choice Box, where you can order a whole range of organic groceries and household products, delivered to your door!

## Useful Info:

Delivery areas/days:  
South Lakes [Tue]  
Lune Valley [Wed]  
Morecambe Bay areas [Wed]  
Central Lakes [Thu]  
Craven [Fri]  
Wharfe Valley [Fri]

Visit the website to search for your area  
[growingwithgrace.ooooby.org/](http://growingwithgrace.ooooby.org/)

ORDERING Deadline FOR DELIVERIES  
Monday 8am

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Shop opening hours  
Tue to Sat: 10am - 5pm

[farm@growingwithgrace.org.uk](mailto:farm@growingwithgrace.org.uk)  
Tel: 015242 51723



## And.....a new Water Tank!

*We have a brand new water tank to capture additional rain water, giving us extra capacity for rain-water storage. This will enable us to better manage the watering required for all those thirsty plants in the greenhouses, using rainwater collected and water from the bore hole. The old one requires some repairs, but is still in use. We are hoping to have 50% of the cost of installing the new water tank funded by DEFRA*

