

**There is always lots going on at Hope gardening at St Davids allotments, Kingsthorpe, Northampton, which welcomes people from all walks of life to share our great space, have fun, learn skills in horticulture and experience the joy of nature! Open to all.**



Our eco-therapist Sonia writes: “Our customers have been learning about composting. How it diverts garden waste from disposal and is very beneficial to soil which in turn helps our vegetables grow. How it reduces greenhouse emissions and how to do it at home.

We have been learning how to start tomato seeds at home and the climate in which they thrive. We have been monitoring the weather on Hope Allotment at covering our tomatoes cloches until the frost passes.

We have been learning how to propagate plants, creating new ones to enjoy!

We have enjoyed growing herbs this week and considering how we would use them to cook with other vegetables. We have planted potatoes and sown more dill, aiming to prepare “roast potatoes, fish and dill” when they grow.



Everyone in the group has enjoyed planning and planting in the Sensory Area.”



**Interested in getting involved, as a trainee, a volunteer, customer mentor or customer?  
Ring us on 10604214300 or email  
[office@northamptonhopecentre.org.uk](mailto:office@northamptonhopecentre.org.uk)**