

Innovative ideas for Plant & Share month

Greave House Farm Trust



Greave House Farm Trust is a smallholding that supports adults with learning disabilities or autism through farm work. Located on the outskirts of Sheffield, they have a small number of animals, bees, an orchard and a fruit garden. The food they grow on their land is sold locally.

Greave House Farm Trust received a Get Togethers small grant to run a Plant and Share Day that welcomed the local community on 1st May 2021.

Inspired by a Get Togethers virtual event

After attending a virtual Food for Life Get Togethers event, Barbara Bristow, co-founder of Greave House Farm Trust, was inspired to run a Plant and Share activity.

Encouraged and excited by our spring campaign that connects with people through gardening activities, Barbara set about planning an outdoors community event.

She said: “It was the first event for over a year because of the COVID pandemic ... I felt confident that we could do it safely.”

The planting activities were set up around trestle tables with lots of space, creating “a really nice, relaxed atmosphere.” The Greave House Trust team and volunteers helped around 20 people take part in the event.

Seed Bunting

Barbara had the creative idea to thread seed packets on a piece of string to make bunting.



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It looked nice and welcoming when people came in, but it also meant that people could stand and look at them all without going through and touching them ... whatever they chose, they just tore it off.

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Sharing Gardening Skills



The Plant and Share Day welcomed a diverse mix of local people with a wide range of growing skills. The setting was perfect for skill sharing, friendships to form and confidence to grow.

Those with more experience taught a young girl how deep to plant carrot seeds. They also showed a parent how to sow seeds, step by step, as she had never done it before. And a 5-year-old boy was also able to grow his favourite veg from seed for the first time – broccoli!

Competition

As part of the event, Barbara organised a ‘Best Planter’ Competition.

“These two young girls brought their grandmother’s old walking boots they had already planted up ... which I thought was really nice, so they got the prize!”

A local sandwich shop had kindly donated a voucher and Barbara delivered some garden ornaments and a windowsill propagating kit.

From Seeds to Soup

Barbara also gave out recipe cards so that people could cook a healthy and delicious dish with ingredients they had grown. They were so popular they had to photocopy more!

Barbara found that this new idea of giving away recipe cards with seeds rather than ingredients, really helped people to connect with where their food comes from.



I tried to find a recipe for each thing so that people could have a selection of recipes to take home with them as well.



One of the recipe cards given away with pumpkins seeds, was for two types of pumpkin soup. Barbara's husband, Chris cooked the spicy pumpkin soup and roasted pumpkin and garlic soup on a camping stove. "We gave everybody a taste of the soup with a bread roll. And we said, if you like it, take a recipe away with you." The soup was made using pumpkins grown on their land and they shared the recipe again via social media in the Autumn.

They hoped to inspire people to reduce their food waste when celebrating Halloween, "for people to taste the pumpkin soup and say if you're carving pumpkins, save the middles and make soup instead of chucking it away."

One family made both soups with the pumpkins that they grew from seed and shared this on the Trust's social media page.

Greave House continue to grow

Since the Plant and Share Day, Greave House Farm Trust have continued to connect with local people, staying in touch through their social media page. They've also set up a vegetable trolley and hope to run cooking sessions using their home-grown produce in a custom built portacabin kitchen.

They hope to further engage people with where their food comes from by running cooking sessions using their home-grown produce in a custom built portacabin kitchen.

