



Take Five

The Five A Day Market Garden newsletter

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Spring 2021

Five A Day Market Garden
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Garden News...



Thankfully, as volunteering is allowed during this latest lockdown, some volunteers were able to return to the garden from the start of February, wrapped up warm against the cold.

The daffodils are out in full bloom, a cheery sight on wild windy March days – Spring has finally sprung!

We continue to adhere to strict health and safety measures and to restrict numbers to keep everyone safe. We are still taking extra care with frequent handwashing, socially-distancing ourselves from each other and wearing face coverings when working in the poly tunnels.

Willow harvest

The willow harvest started a little later than usual at the start of March due to the difficulties of the Covid19 situation.

Willow stems are cut down at the base of the plant, from where it will sprout and grow again this season. It is then sorted and tied into bundles of similar length and colour.

We use it in the garden as plant supports for sweet peas but it can also be used for a variety of purposes. Fence panels can be woven with the thicker stems and bird nesting balls created from the finer stems.





Thank you to CRoW members who have joined the Five a Day volunteer team to help us cut and bundle the gold, green and brown willow ready to sell.

If you would like to buy any willow, please email sophie@fiveaday.org.uk or pop in to the garden during our gardening sessions Tuesday – Friday between 10am – 12pm when our volunteers are helping in the garden.

Summer 2021

A Huge Thank You

To Ella's Kitchen, the children's organic food company who have continued to generously support our work this year.

We hope that when government rules allow, children will be able to visit the garden in the summer term. We so look forward to welcoming Ella's Explorers back to the garden to enjoy the sights, smells and sounds of nature in the garden.

Volunteers

A warm welcome to all the new volunteers who have started helping us in the garden this year. Volunteers have made further sowings of sweet peas and broad beans, they have prepared vegetable beds for spring sowing and planting, and are busy weeding and making willow hoops for crop protection. Birds and rabbits are as interested in our crops as we are!

If you are interested in volunteering at Five a Day, we would love to hear from you. Please email sophie@fiveaday.org.uk

Health & Wellbeing

The pandemic has proven to have majorly impacted both mental and physical health for many, many people. If you or someone you know would like to simply visit the garden, and spend time in the peace and beauty of our wonderful green space, then please get in touch. We would love to be a part of that recovery.

Five a Day is a member of the Reading Gardening for Health and Wellbeing Network and is participating in a 'Growing Health and Wellbeing' Virtual Spring Conference on 29th April for professionals in social care, health and wellbeing. <https://www.eventbrite.co.uk/e/growing-health-and-wellbeing-registration-140254335493>

Keep up to date by visiting our website www.fiveaday.org.uk