

Grow a Row!

Gemma Birley, Cambridge Sustainable Food CIC



**CAMBRIDGE
SUSTAINABLE FOOD**



ARE YOU A GROWER OR ALLOTMENT HOLDER WHO COULD "GROW A ROW" EXTRA TO HELP SUPPORT CAMBRIDGE'S EMERGENCY FOOD RESPONSE?

"Grow a Row" and Support the Cambridge Community



We are looking for local growers to help support our [emergency food programme](#), by planting extra crops and donating surplus fruit, veg and herbs towards one of the 9 [Community Food Hubs](#) that we are helping coordinate in partnership with [Cambridge Food Poverty Alliance](#) throughout the city.

As more people than ever have discovered during the pandemic, growing your own fruit and veg is fantastic; it's exciting to see your germinating

"Grow a Row" and Support the Cambridge Community

We are looking for growers to help support our community food programme.

Could you plant extra crops to donate to your local Community Food Hub?

Whether you're a seasoned gardener or it's your first year growing, please get in touch!

Contact:
info@cambridgesustainablefood.org



Resources to help you Grow a Row

Want to get involved in Grow a Row, but it's your first time growing and need a helping hand? Unsure of what fruit and veg to grow and when? Or are you limited on garden space and need some growing in small spaces advice? Explore our list of resources to help guide you on your growing journey, including growing guides for first time growers and limited space, as well as advice for setting up school gardens.



GROWING GUIDES

[Garden Organic](#) provide advice on how to get started with their simple grow your own cards. These will help you get the best from your organic garden, covering vegetables, fruit, herbs, edible flowers and green manures. Each card includes growing instructions, a growing calendar and key facts and figures.

Check out these BBC gardening [guides](#) for helpful advice on techniques to grow fresh produce.

National Children's Gardening Week celebrates the fun that gardening provides kids. It is filled with entertaining activities to do from home including growing edible hanging baskets and how to grow your own salad. While it is aimed at children, you are never too old to have some growing fun! See their fun gardening activities to do at home [here](#).



GROWING WITH LIMITED SPACE

[Country Living](#) has lots of tips on how to grow your own produce from home whether you have enough space for a veg path or are growing on a sunny windowsill.

If you are limited in space The Royal Horticultural Society has put together a [guide](#) for growing veg in small spaces.

This Gardeners World [webpage](#) gives you details and video demonstrations on how to grow from bags and pots for tomatoes, salad, potatoes, carrots and even mushrooms!

Advice on how to grow in small areas, and the best vegetables to choose [here](#).

An informative [Guardian](#) article covering growing food with or without a garden.

Planting vegetables in containers is a versatile method that allows you to grow even when you have hardly any space - discover the The Royal Horticultural Society best vegetables suitable for containers [here](#). For advice on how to get the best from your pots, such as combining crops that like to grow in similar conditions, see [here](#).



FIRST TIME GROWING

The Royal Horticultural Society [website](#) has month to month and A-Z guides.

Gardeners World has made a list of tips to help get you [started](#).

Discover what to plant and when with [this](#).

The Eden Project has made a series of guides for growing different plants from seed, perfect for [beginners](#).



GROWING RESOURCES FOR SCHOOLS

The Royal Horticultural Society runs a Campaign for School Gardening, to inspire and support schools to provide children with gardening opportunities to enhance their skills and boost their development. Schools can register online, receiving a free welcome pack containing seeds, plant labels, stickers and a poster. They will gain access to free downloadable content including lesson plans, and receive awards and [resources](#).





Summer 2020 CoVee donations



Summer 2020 Old Chesterton Allotment donations



Summer 2020 plum donations



Victoria Homes Allotment donations



Fen End Farm donations

One local allotment that is contributing to Grow a Row is [Our Community Allotment](#), an inspiring project based on six full sized allotment plots in central Cambridge promoting the benefits of community growing. One of their community members, Kim, has kindly shared her thoughts and insights into community growing and her involvement in Grow a Row.



Kim answers why she got involved in community growing



Kim shares her motivations behind getting involved in Grow a Row



Kim shares what she enjoys most about growing her own vegetables



Kim shares her favourite vegetables to grow and a helpful beginner tip

<https://cambridgesustainablefood.org/allotmentvegdonations>
<https://cambridgesustainablefood.org/grow-a-row-resources>

gemma@cambridgesustainablefood.org

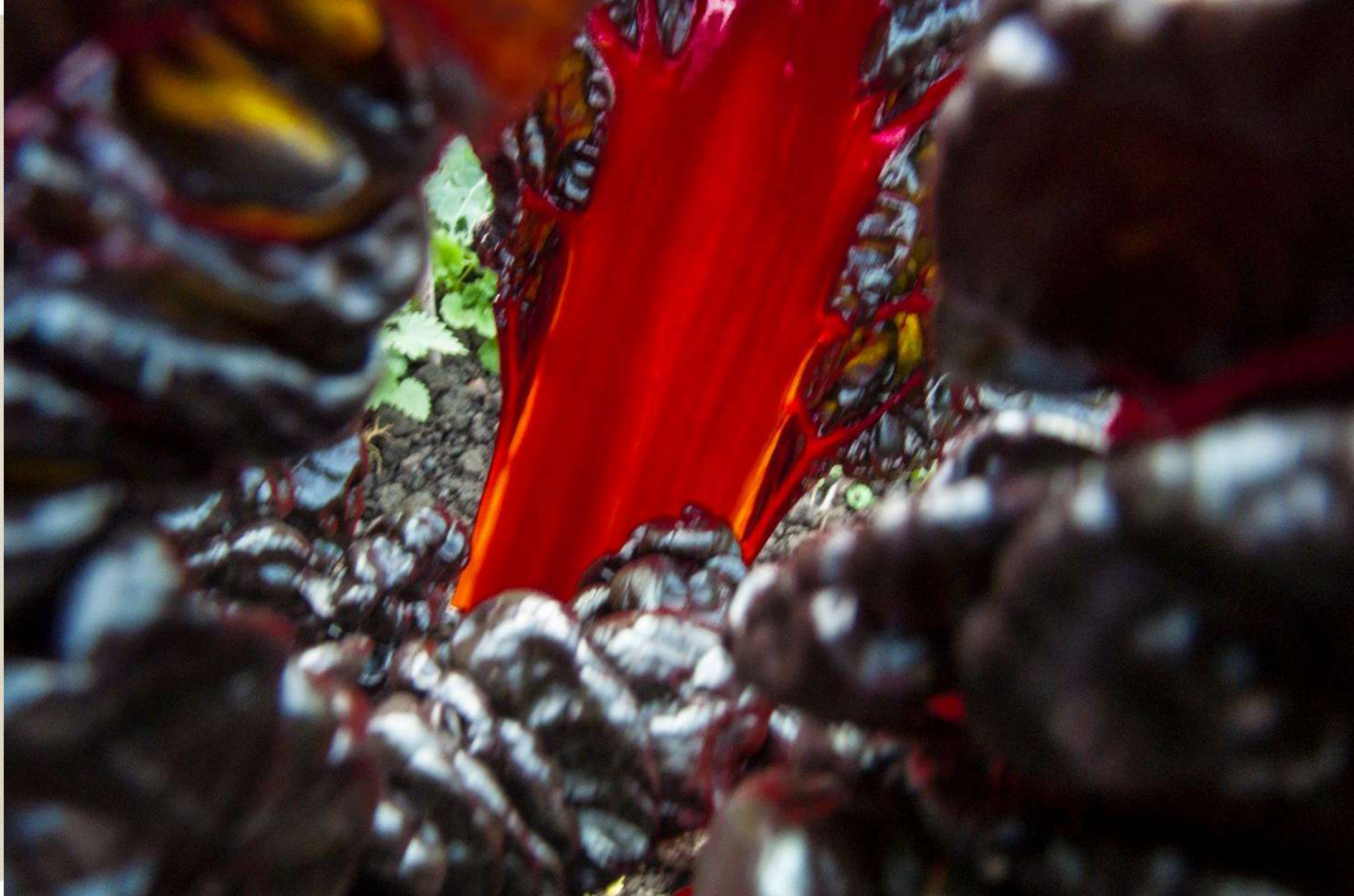


Moving From
Surplus food
to
Surplus capacity











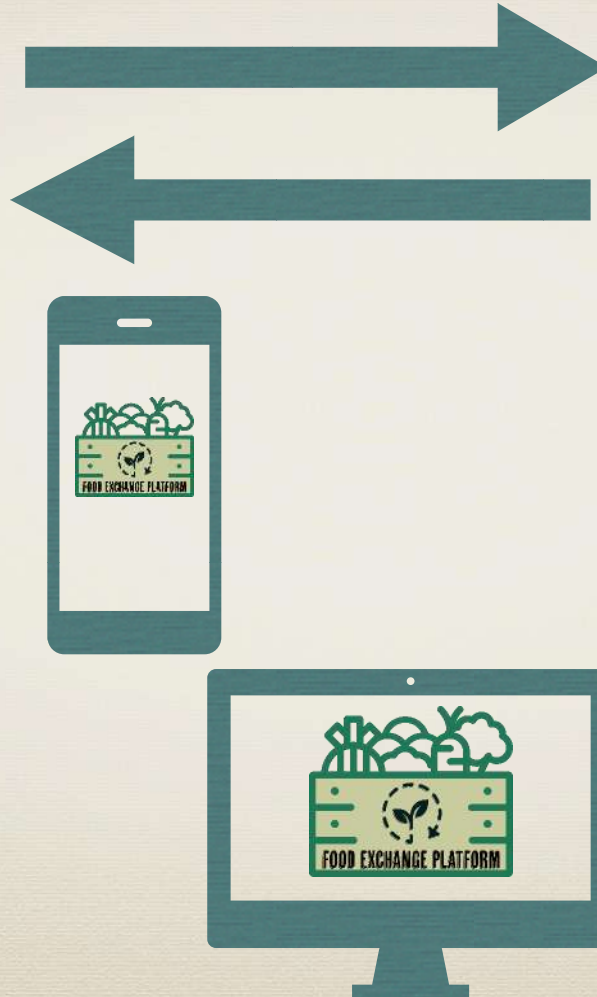
Dramat isation



Food Exchange Platform

Primary sector: Growers

- * What we grow
- * What we can grow
- * Harvest timeframe
- * Quantity
- * Price
- * Transport



Tertiary Sector: Kitchens, Food Distribution

- * What we want
- * Use timeframe
- * Quantity
- * Price
- * Transport

The Food Exchange Platform addresses

- * Last minute delivery & lack of control
- * Wasted surplus

The Food Exchange Platform can't address

- * Transport and logistics
- * Sales & donations (sustainability of this food system)
- * It doesn't solve the issue of low uptake of veg.

Transport

- * Ultra local delivery



- * Identifies the requirements



Sustainability

- * Gives purpose and structure to voluntary projects

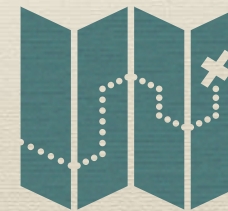


- * Can facilitate income for non-profits



Uptake of Veg

- * Overcomes many of the barriers organisations face and allows them to plan and deliver solutions



Artist's Impression





OUR AREAS OF WORK: SIX KEY THEMES

1. Building and Sustaining Community
2. Making Good Food accessible to all
3. Building and Shifting Power and Influence
4. Creating opportunities for livelihoods in the food system
5. Supporting opportunities for Education and Learning
6. Holding and creating alternative stories and narratives

CURRENT PROJECTS



2 x weekly COMMUNITY MEALS



GOOD FOOD BOX (sliding scale, culturally appropriate food options)



2 URBAN MINI MARKET GARDENS



COMMUNITY EDUCATION
ACTION RESEARCH

LOOKING FOR LAND

COMMUNITY ART CLASSES

REGENERATION RESISTANCE



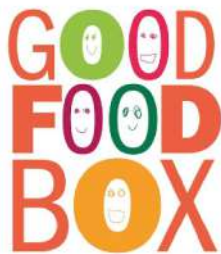
RISKS AND CHALLENGES

Barriers/obstacles to resilience/ Things to watch out for?

- Regeneration /Development
- Working with councils/developers
- Greenwashing
- Funding challenges
- Paternalistic charity lense /surplus
- Capacity/burnout
- Cost of living/rent crisis

A NOTE ON FOOD BANKS



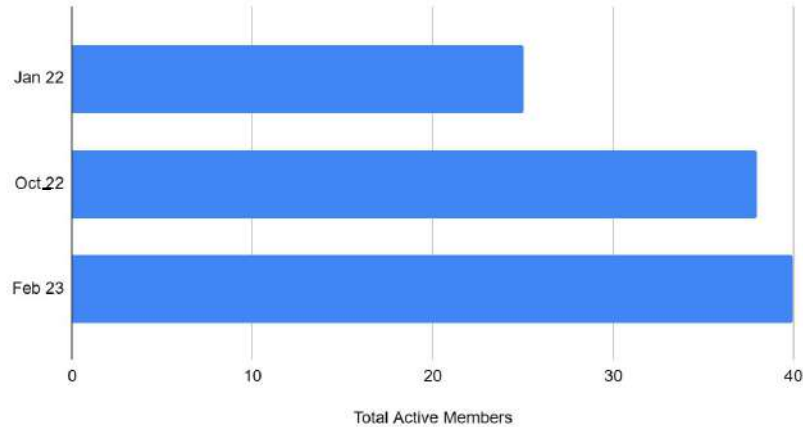


A weekly veg box scheme making good food accessible to everyone

✉ goodfoodbox@granvillecommunitykitchen.org.uk
📍 Granville Community Kitchen, 140 Carlton Vale, NW6 5HE
(Drop in Weds and Fri between 3-7pm)



Total Active Members



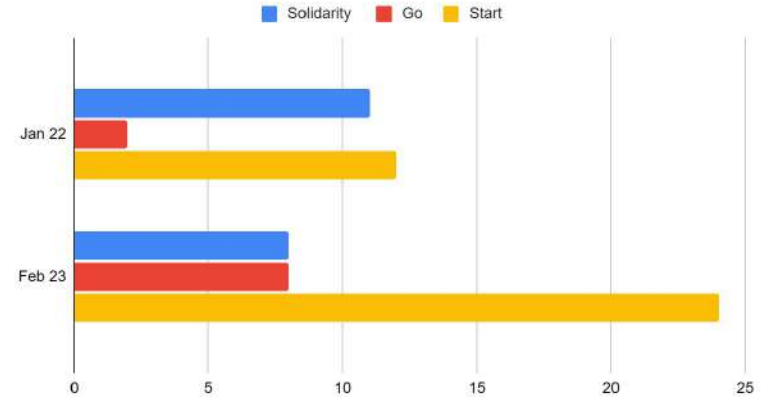
"My 91 year-old neighbour recently joined GFB. When I drop off her bag, she pulls out each vegetable with delight, calling her partner (and any one else around!) to admire the produce!"



"Just want to say what a delight these veg bags are. It's so exciting not knowing what I'm getting each week and sometimes having to learn how to cook new things"

"Better than tesco"

Solidarity , Go and Start





Contact Hannah on garden@granvillecommunitykitchen.org.uk

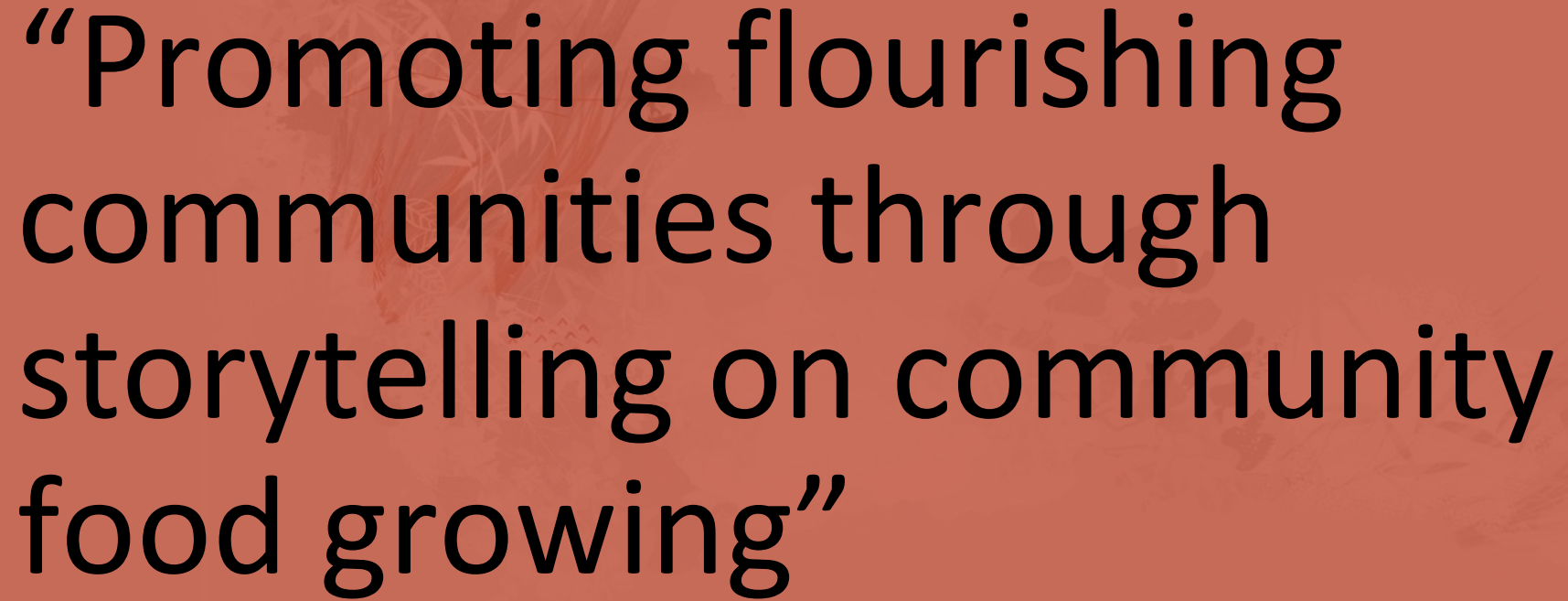
Digital Storytelling for Community Food Growing

CAPITALgrowth

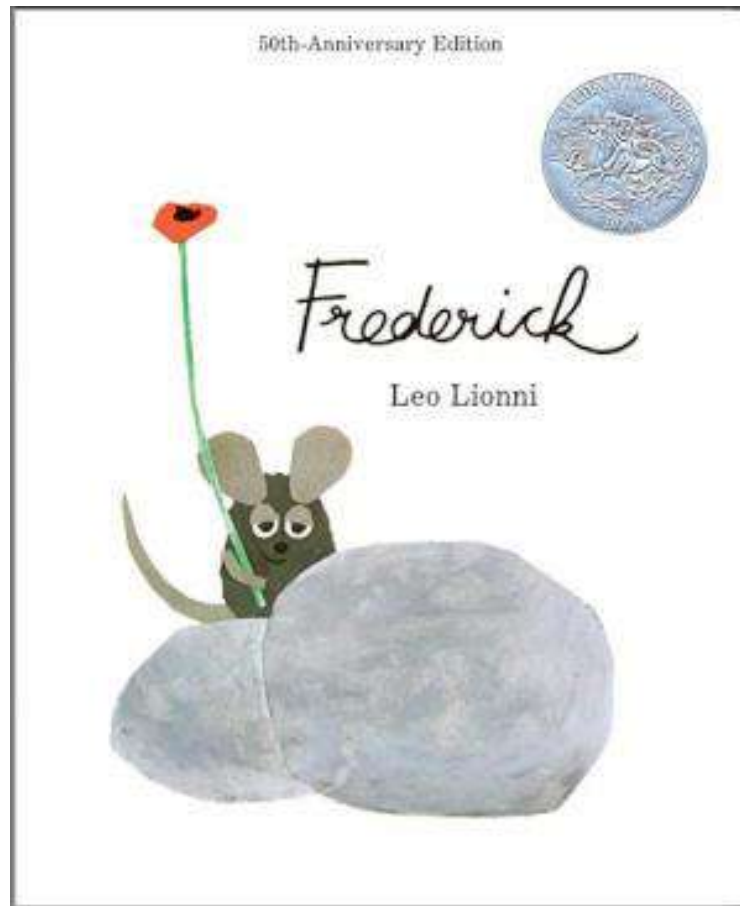
risc  The Open University


cobracollective
we empower communities



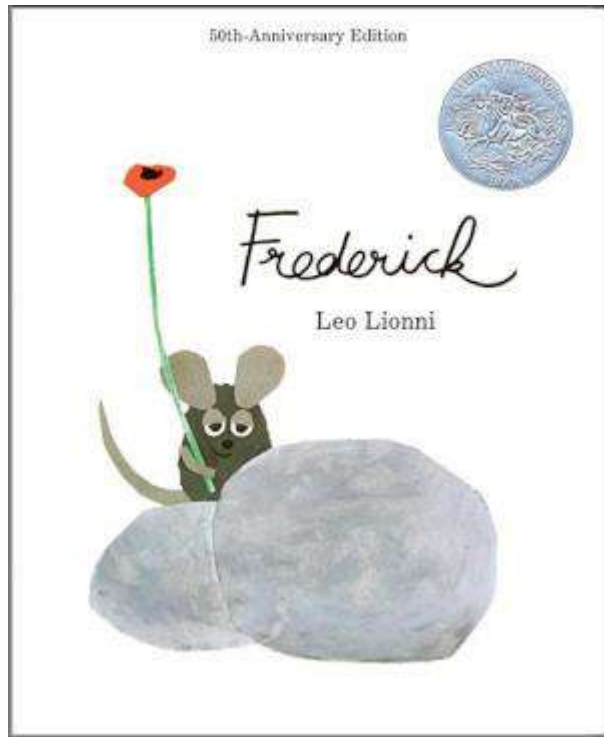


“Promoting flourishing
communities through
storytelling on community
food growing”



Creating a common vision of community flourishing





How does a community work together to prepare for challenging times ahead?

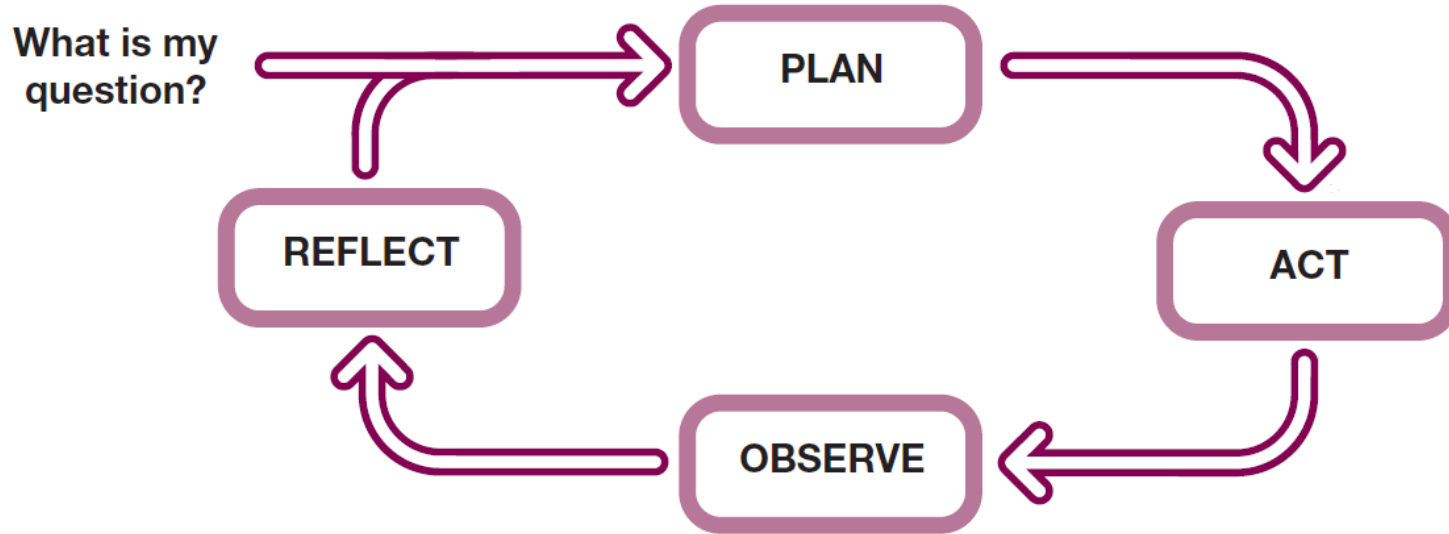
What must we stockpile? And how can it be shared?

And what is the role of the storyteller in difficult times?

Live Participatory Sessions



The Action Research Cycle





Course

Grassroots Visual Storytelling



Course description

Course content

Course reviews

About this course

🕒 20 hours study

0 Level 0: Beginner

Ratings ☆☆☆☆☆

0 out of 5 stars

Sign up to get more

You can start learning at any time. By signing up and enrolling you can track your progress and earn a Statement of Participation upon completion, all for free.

View this course

Sign up to get more

What makes a story?



Personal story - Cathartic

Recording story - Social memory

Reaching out - Inviting

**Explosive
challenge**

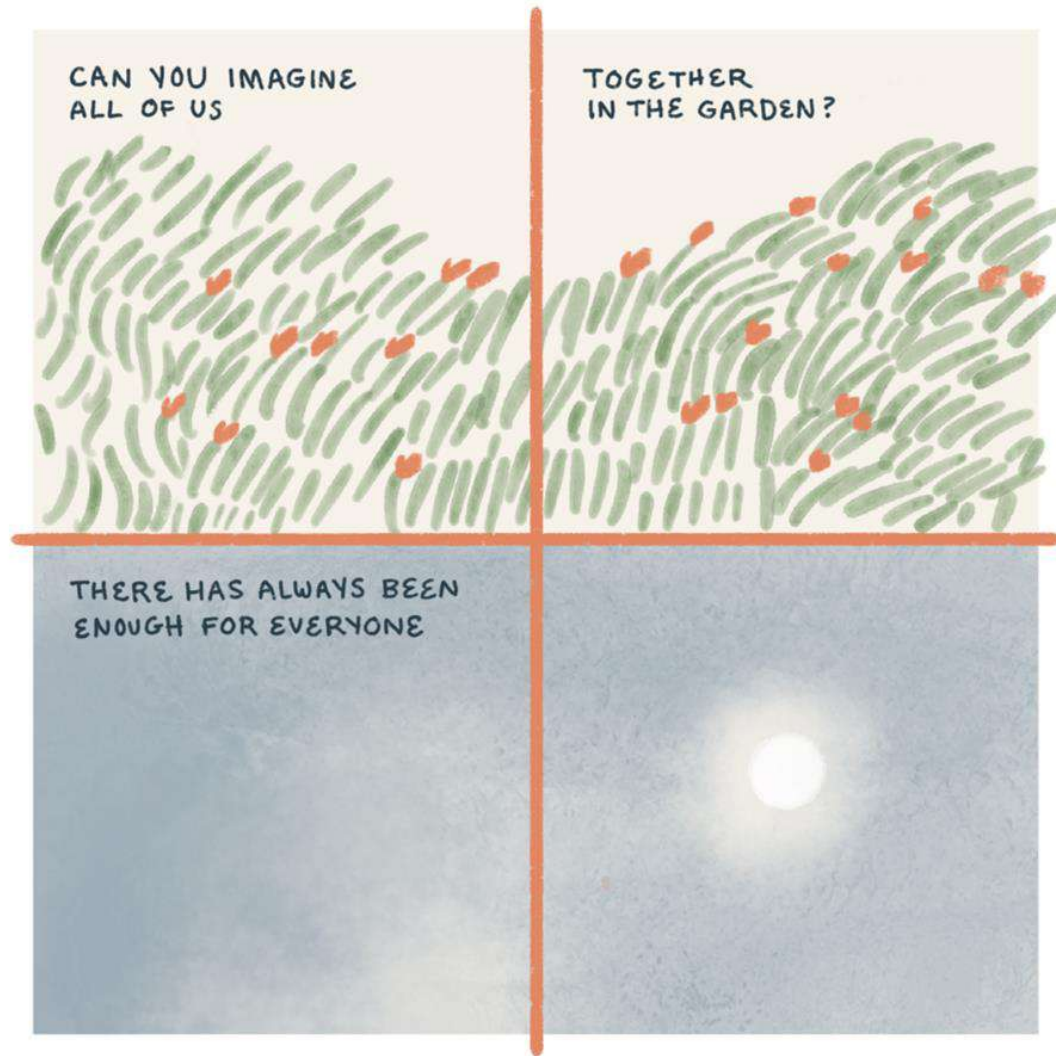
...the next story?

**Beginning:
where, what,
how, when**

Resolution



Community Flourishing



Radical Hopefulness

CAN YOU IMAGINE THE
GREEN SPRINGTIME



AND THE GARDEN?



CAN YOU IMAGINE

THE FUTURE IS POSSIBLE?

Community Food Growing

These videos were produced as part of the 'Grassroots Visual Storytelling about Group Food-Growing' Project. This project explores the multiple benefits and social connections from community food activities through participatory digital storytelling, and identifies and shares the most effective strategies that have been deployed during the Covid-19 crisis. The project is a collaboration between The Open University, the Cobra Collective, Sustain: The alliance for better food and farming and Reading International Solidarity Centre (RISC). For additional information on the project, see <https://cobracollective.org/portfolio/digital-storytelling-about-group-food-growing/>

Share



'Escape to the Garden' by Safi...



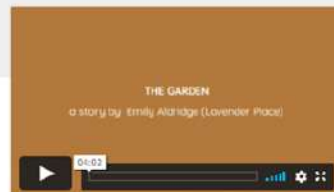
'One of Reading's Best Kept S...



'The Secret Garden' by Colett...



'Growing Respite' by Dave Ri...



'The Garden' by Emily Aldridg...

Course

Grassroots Visual Storytelling



Course description

Course content

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View this course

Sign up to get more

we empower communities

Community food growing report

by Andrea Berardi | posted in: News | 0

The Cobra Collective is excited to launch its report on '[Visual Storytelling about Community Food Growing](#)' in collaboration with The Open University, [Reading International Solidarity Centre](#), [Sustain: The alliance for better food and farming](#).

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DEC 2022

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participatory video in

Colombo

December 23, 2022



Community food
growing report

December 12, 2022

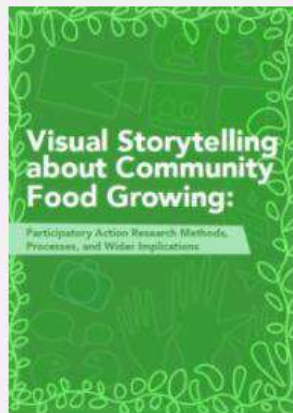


Radically hopeful
cooperation in
community food-growing

July 1, 2022



Remote working in
participatory video - the



The report emerges from the '[Grassroots Visual Storytelling about Community Food-Growing](#)' project which investigated the expansion of community food growing initiatives during the Covid-19 crisis.

As part of the project, the Cobra Collective engaged community food growing participants and built their skills in digital visual storytelling to explore and promote their experiences of community food growing activities during the pandemic. The resulting participants' videos, together with three new videos on community food growing initiatives in Reading and London produced by the Cobra Collective, are showcased [here](#).

The report provides a highly engaging guide to the Participatory Action Research methods and the processes of digital storytelling used with participants, an outline of the key themes explored by participants' stories and the wider policy and practical implications that



**We have been
awarded a
Community
Knowledge Fund
grant**



UK Research
and Innovation



The Young
Foundation