

**Media release:**

## **Celebrating London's food gardens and their role in role in tackling the climate and nature emergency this harvest season**



Black chillies growing at Global Generation's Story Garden near King's Cross | Photo credit: Manal Massalha

Between 15-22 September 2023, it's all about the harvest. This year marks London's 14<sup>th</sup> annual [Urban Harvest](#) when Londoners are invited to get stuck in at a garden near them over the 8-day campaign promoting the harvest celebrations and open days at community gardens across the capital.

With ongoing support from [City Bridge Trust](#), London's food growing network, [Capital Growth](#), is back with the theme 'Climate and Nature Friendly Food Growing' for this year's annual campaign to highlight the role that London's urban food gardens play in addressing the climate & nature emergency and building community resilience. This year's participating gardens are invited to organise a climate-friendly community meal during Urban Harvest dates and shout about how important these spaces are for the people and nature that inhabit them.

- On **Saturday 16 September** from 10-5pm, join [Bandstand Beds](#) 10<sup>th</sup> Anniversary celebration. The community garden in the heart of Clapham will be open for a community feast from homegrown produce, scarecrow building, children's storytelling, and gardening as well as activities for adults.
- Join [Vine Road Community Growing Project](#) on **Saturday 16 September** from 1-4pm for a free, open-to-all training sessions on seed saving, increasing crop diversity and garden biodiversity. Followed by a site tour, a chance to harvest delicious produce and learn from the growers directly about their organic urban farming principles.

- On **Thursday 21 September** from 1-4pm, Londoners get the chance to visit [Energy Garden](#) at their Northwest London site to learn from their experiences of how to turn neglected train stations into permaculture growing spaces. Take part in planting an herb garden whilst learning how to improve local health and wellbeing through converting urban spaces into thriving gardens.

Across London, over 10 gardens and counting are running on-site activities, workshops, open days, and volunteer sessions. Find out where and when to join on [our interactive online map](#).

Mayya Hussein, Capital Growth's Coordinator says:

"With the stark contrast to just one year ago when gardens were faced with extreme high temperatures and hosepipe bans, to a sluggish start to Spring and the rainiest Summer we have had in a while this year, we can no longer afford to delay action to address climate change and its damaging effects. It's time to recognise the key role urban food gardens play in creating crucial biodiversity corridors and habitats for wildlife, as well as cool and shady areas.

Food growing communities are also some of the most welcoming spaces this city has to offer providing a way to connected and build meaningful relationships with locals -- all of which makes for healthier, more resilient communities. Urban Harvest is a chance to honour the efforts of the many Londoners growing fresh, accessible, and culturally acceptable foods in gardens while coming together in celebration of this bountiful season and the wider good food movement. Join us!"

Find out which gardens are participating where on our Capital Growth map: <https://www.capitalgrowth.org/spaces/>

#### **Press enquiries:**

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#### **Social media:**

Twitter: [@Capital\\_Growth](#) | Facebook: [@capitalgrowth](#) | Instagram: [@capital\\_growth](#)  
Official hashtag: **#UrbanHarvest2023**

#### **Notes to editors:**

[Capital Growth](#), part of food and farming charity [Sustain](#), is London's community food growing network providing an ongoing support package for food growers and growing spaces across the capital but also occupying a central and consistent role in pushing community food growing up the political, urban agenda:

Capital Growth's programme is funded by The City of London Corporation's charity funder, [City Bridge Trust](#) which is London's largest independent grant giver, making grants of more than £25 million a year to support good causes and tackle disadvantage across the capital.

Gardens participating in this year's citywide campaign from Friday 15 September to Friday 22 September include:

- Edible Rotherhithe
- The Maryon Community Garden
- Clapham Common Bandstand Beds
- Vine Road Community Growing Project
- Holy Trinity Barnes Community Gardens
- Grow Lewisham
- The Salophian Garden
- John Evelyn Community Garden
- The Story Garden
- Brondesbury Park Energy Garden
- Meridian One Community Garden